











**THE**  
**KITCHEN ENCYCLOPEDIA.**



# THE KITCHEN ENCYCLOPÆDIA

*Compiled & Edited by*  
COUNTESS MORPHY



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## I INTRODUCTION

*Autobiography may seem misplaced in a cookery book. But my excuse for a few words of autobiography is that I wish to make it clear that this book is written by a housewife for other housewives, by a housewife who is eager for others to reap the benefit of a few years of intensive training under professional chefs and but who, notwithstanding this, still writes for the average, untrained woman and can still look at culinary matters from the point of view of the housewife, rather than that of the professional. My mother wisely believed that every girl, whatever her social position, should have a sound practical knowledge of cookery, and so, at an early age I was sent to the kitchen to learn cooking from our French chef or from a skilled female cook. Instructions were given that I was not to be treated like "the young lady of the house" who dabbles in cookery and only learns how to make fancy cakes and ice them. My cookery lessons were not to be "genteel." I was to be trained in the same manner as a professional and "work my way up."*

*The servants took my mother at her word, and I was fairly put through the mill. I was snubbed by the kitchen maid for my clumsiness in peeling and preparing vegetables; my attempts at beating eggs to a stiff froth were greeted with a chorus of derisive laughter. And a thousand and one details which go to the making of a skilled and trained cook were drilled into me—not always kindly—at an age when the mind is receptive and eager. The drilling process may sometimes have been distasteful, but I bless those who taught me the technique of kitchen work, and led me step by step to the art and intricacies of the "haute cuisine." I have found this knowledge of more use in life—and of greater interest—than many a thing I was taught in the course of the "higher education" I received. A knowledge of cookery is of far more importance in the life of the average woman than a knowledge of Greek, Latin or algebra.*

*Having been trained by professionals, I realize that many failures in the making of even simple dishes by the amateur or untrained person are due to a lack of elementary knowledge of the simpler processes of cookery and by insufficient attention to details which may appear so simple that they are apt to be ignored or taken for granted. The untrained cook's attitude towards these is contemptuous; such things as roasting, boiling, grilling or frying are too simple to be learnt. So with the cooking of vegetables. And so with everything which is glibly called "plain" cooking in England. But the apparently simplest processes of cookery are, in fact, the most difficult to master, and require great skill and training, and long before a chef or professional cook is allowed to dabble in the making of sauces he has to grasp the why and wherefore of these processes.*

*I have, therefore, in this book given somewhat elaborate explanations of some of the apparently simple things in cookery—explanations which may seem almost superfluous or fastidious. But if these are carefully studied and read with an unbiased and open mind, the task of cooking will be greatly facilitated.*

*The housewife will find, in this book, a wide field in which to roam—she will find dishes of every description—simple, homely dishes and more complicated ones from the chef's repertory—simplified in many instances, for her benefit.*

*Cooking is a skilled game, and before attempting to play any game it is as well to learn the rules. In the course of this book, therefore, I have endeavoured to show the housewife many of the "tricks of the trade" which may help her to become an efficient cook without going through the hard preliminary training of the professional.*

**MARCELLE MORPHY**

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# Food Planning

## COMPOSITION AND FUNCTION OF FOOD

The object of eating is to provide the body, through digestion and absorption of foodstuffs, with sufficient energy, warmth and body rebuilding material to maintain life. We are endowed with a sense of hunger and a sense of taste to enable us to desire and choose the quantity and quality of these foods, and provided there is an abundance and we are in good health, our natural instincts will normally see that our bodies are correctly supplied. It is as well, however, to know the vital constituents of foods essential to health, and their principal sources of supply.

*Proteins.*—Contain nitrogen and are used largely for building up the body: Meat, fish, eggs, milk, cheese are excellent sources, also bread, vegetables and cereals.

*Carbohydrates.*—Starches and sugars used for heat and energy: Bread, cereals, vegetables, fruits, sugar, honey. .

*Fats.*—For heat and energy: Butter, cream, lard, dripping; edible oils, pork and bacon.

*Salts.*—Essential constituents of the body and aid in body processes: Common salt is a necessity but, generally speaking, we take far too much; potash, in fruit and vegetables; phosphates of lime in milk and cheese; iron in fresh vegetables.

## VITAMINS

There is still a great deal to be found out about vitamins; we know little about what they are, but we are made aware of what they do. A serious deficiency of any one vitamin is able to cause ill-health. There are six vitamins with which we may interest ourselves.

*Vitamin A.*—A disease resister. Essential to growth and reproduction: Butter, milk, egg yolk, liver, kidney, green vegetables. Halibut and cod liver oils contain very large quantities, and oily fish such as herrings, pilchards, salmon.

*Vitamin B.*—Conditions the nerves and heart and stimulates appetite: Wholemeal bread and wholemeal cereals, meat, especially pork, yeast, fruit and vegetables. *Note:* Vitamin B is very soluble in water and is destroyed by high temperatures; vegetables, therefore, should be very lightly cooked in very little water; soda will also destroy this vitamin.

*Vitamin C.*—For vitality and endurance. For bones, teeth and blood: Raw fruits and vegetables, limes, lemons, oranges, blackcurrants, strawberries, raspberries, watercress, tomatoes and cabbage being some of the best sources. It is easily destroyed by heat.

*Vitamin D.*—Development of bones and teeth; antidote to rickets: Sometimes called the sunshine vitamin as the body will obtain this in the presence of sunshine; halibut and cod liver oils are the largest suppliers; butter and milk in summer time; sardines, eels, herrings, salmon; certain manufactured goods which are artificially impregnated with this vitamin by ultra violet light, such as margarine.

*Vitamin E.*—For reproduction: Wholemeal bread, milk and green foods. It is not easily destroyed by heat.

*Vitamin K.*—For general health and toning of the blood: Found in green vegetables, especially spinach. Satisfactory diets containing A, C and D will usually cover any deficiency of K.

### CALORIES

The word calorie is used as a scientific measure of energy in terms of heat. Food digested by the body will supply these calories to a lesser or greater degree, according to the quantity and quality of the food and the power of absorption of the individual. The number of calories required by the body depends largely on the sex, age, size, weight and occupation of the person. Scientists have been able to determine the requirements of an average person, and in dealing with large bodies of people, as in times of shortages and rationing of food, to advise on equal distribution of food. An estimate of some 3,000 calories as the daily intake has been accepted as likely to maintain health for the average male adult and 2,500 calories for the average adult woman. On no account should these figures be considered of importance where there are no restrictions. The figures are merely an average and the discrepancies between individuals may be very large for no apparent reason. As an example, a university teacher of twenty-eight years took only 1,772 calories a day and was slightly overweight, while an electrician of roughly the same age took 4,995, and some brickmakers in the United States of America 8,848 calories. It is not possible to predict the actual calorie needs of an individual and the best guide is nature's call to eat.

### FOOD PLANNING

It seems fairly obvious that if we take a varied diet we should be able to supply amply all the energy, warmth and body

rebuilding required by a normal healthy being. Nature also plays her part by giving us a sense of appetite and discrimination, which should not be discouraged, and she signals her wants to the mind in this way. A desire for a juicy steak may indicate a need in the body for urgent replacement of protein—for repair of tissues—and a desire for something sweet for a supply of energy.

Cook and dietician have their aims, the first, to get the maximum amount of flavour and taste from his ingredients, and the second, the maximum amount of nourishment, and we find, almost always, that identical methods for the preparation of the food are advocated.

The consecutive order of the courses at a dinner have not been planned by dieticians but have been evolved naturally. There are certainly gastronomic reasons for this order which can easily be analysed. Hors d'œuvres are usually teasers or whetters of the appetite. They may be followed by a hot soup which stimulates the gastric juices. The stomach is now ready prepared for more solid food, the lighter, fish, followed by the more heavy—meat. After this a salad is recommended, for it will be found that it will clear the palate ready for the sweet.

This is all very well for the normal healthy being with an abundance of fresh food available, but how many of us can call ourselves this when we are living under the artificial conditions of modern life with its food shortages, substitutes and lack of freshness. Under these conditions we may find we are eating too much of the same types of food, and should therefore consider the constituents so as to make up deficiencies and thus balance our diet. But beware of becoming a fadist!

Children, on the whole, are usually easy to feed. Their bodies require energy and body-building material, and they seldom lack appetite and, if there is a shortage of one constituent, another can be substituted. For instance, there may be a shortage of milk, or a child does not like it, but a varied diet of other things such as wholemeal bread, eggs, etc., will help to fill the deficiency. Expectant mothers needing generous nourishment may also benefit by a study of the foregoing list of constituents and vitamins. In ill-health, a doctor's advice should be sought.

There is a tendency now-a-days to make diet a fetish, it is a dangerous creed. Each new diet advocated, each new food advertised for its vitamin or other qualities, is eagerly adopted, and lasting harm may be done by indiscriminate dieting.

"A little of what you fancy does you good" is an aphorism worthy of Brillat Savarin, and it is perfectly true that the body must benefit from good materials well cooked and eaten with discrimination and appreciation.

*Foods in Season*

## JANUARY

**FISH.** Bream, brill, carp, cod, crabs, crayfish, dories, eels, haddocks, herrings, lobster, mackerel, mullet, mussels, oysters, plaice, prawns, salmon, skate, smelts, soles, trout, turbot, whitebait, whiting.

**MEAT.** Beef, venison, lamb, mutton, pork, veal.

**POULTRY AND GAME.** Capons, chickens, ducks, fowls, wild fowl, geese, guinea fowl, grouse, hares, partridges, plovers, pheasants, pullets, quail, rabbits, snipe, teal, turkeys, woodcock, widgeon.

**VEGETABLES.** Beetroot, broccoli, cabbage, cardoons, celeriac, carrots, celery, cucumbers, endive, garlic, Jerusalem artichokes, leeks, lettuce, mushrooms, onions, parsnips, potatoes, salsify, savoy, Scotch-kale, sea-kale, shallots, spinach, sprouts, turnips, tomatoes.

**FRUIT.** Almonds, apples, bananas, currants, chestnuts, figs, filberts, grapes, lemons, medlars, melons, nuts, oranges, pears, prunes, raisins, tangerines, walnuts.

## FEBRUARY

**FISH.** Brill, cod, crabs, crayfish, dories, eels, haddocks, lobster, mackerel, mullet, mussels, oysters, plaice, prawns, salmon, scallops, shrimps, skate, smelts, soles, sprats, turbot, whiting, whitebait.

**MEAT.** Beef, lamb, mutton, pork, veal.

**POULTRY AND GAME.** Capons, chickens, ducklings, ducks, wild ducks, fowls, geese, wild geese, guinea fowl, hares, partridges, ptarmigan, pheasants, pigeons, plover, pullets, rabbits, snipe, teal, turkey poults, turkey, woodcock, widgeon.

**VEGETABLES.** Beetroot, broccoli, brussels sprouts, cabbages, cardoons, celery, endive, Jerusalem artichokes, lettuce, mushrooms, onions, parsley, parsnips, savoy, shallots, spinach, salsify, sea-kale, tomatoes, turnips.

**FRUIT.** Almonds, apples, bananas, chestnuts, filberts, grapes, nuts, oranges, pears, prunes, walnuts.

## MARCH

**FISH.** Crabs, dories, eels, haddocks, lobsters, mackerel, mullet, mussels, oysters, plaice, salmon, salmon trout, skate, smelts, soles, turbot, whitebait, whiting.

**MEAT.** Beef, venison, lamb, mutton, pork, veal.

**POULTRY AND GAME.** Hazel hens, capons, chickens, ducks, fowls, geese, guinea fowls, pigeons, plovers, quails, rabbits, snipe, turkeys, woodcock.

**VEGETABLES.** Beetroot, broccoli, cabbages, carrots, celery, chives, cress, horseradish, Jerusalem artichokes, leeks, lettuce, mushrooms, onions, parsley, parsnips, potatoes, radishes, salsify, savoy, Scotch-kale, sea-kale, shallots, sorrel, sprouts, spinach, turnips, tomatoes.

**FRUIT.**—Apples, bananas, chestnuts, grapes, nuts, oranges, pears.

#### APRIL

**FISH.** Bass, brill, cod, conger-eels, crabs, dories, eels, gurnet, halibut, herrings, lobsters, mackerel, mullet, mussels, oysters, plaice, prawns, salmon, shrimps, skate, smelts, soles, trout, turbot, whitebait, whiting.

**MEAT.** Beef, lamb, mutton, veal.

**POULTRY AND GAME.** Chickens, ducklings, fowls, geese, quails, rabbits, turkey poults.

**VEGETABLES.** Beans, broccoli, cucumber, lettuce, onions, parsley, potatoes (new), radishes, rhubarb, salsify, sea-kale, spinach, tomatoes, turnip tops, turnips.

**FRUIT.**—Apples, bananas, nuts, oranges, pears, walnuts.

#### MAY

**FISH.** Bass, brill, cod, conger-eels, crabs, crayfish, eels, gurnet, haddocks, halibut, herrings, lobsters, mackerel, mullet, perch, plaice, prawns, salmon, shrimps, smelts, soles, trout, turbot, whitebait, whiting.

**MEAT.** Beef, lamb, mutton, veal, venison.

**POULTRY AND GAME.** Chickens, ducklings, fowls, geese, guinea fowl, pullets, quails, rabbits.

**VEGETABLES.** Artichokes, asparagus (forced), cabbage, carrots, cauliflower, cucumbers, dandelion, endive, kidney beans, lettuce, onions, peas, potatoes (new), radishes, rhubarb, corn salad, sorrel, sea-kale, spinach, tomatoes, turnips.

**FRUIT.** Apples, bananas, apricots, pears.

#### JUNE

**FISH.** Bass, brill, crabs, eels, haddocks, herrings, lobsters, mackerel, mullet, plaice, prawns, salmon, shrimps, skate, smelts, soles, trout, turbot, whitebait, whiting.

**MEAT.** Beef, venison, lamb, mutton, veal.

**POULTRY AND GAME.** Chickens, ducklings, fowl, geese, pigeons, plovers, pullet, quail, rabbits, snipe, turkey poults.

**VEGETABLES.** Artichokes, asparagus, beans, carrots, cauliflower, cucumbers, endive, horseradish, leeks, lettuces, onions, parsnips, peas, potatoes, radishes, rhubarb, sorrel, spinach, tomatoes, turnips.

**FRUIT.** Apples (various kinds), apricots, bananas, grapes, melons, nectarines, peaches, pears, pineapples, raspberries, strawberries.

### JULY

**FISH.** Brill, cod, conger-eels, crabs, crayfish, dabs, eels, halibut, haddocks, hake, herrings, lobsters, mackerel, mullet, plaice, prawns, salmon, skate, soles, turbot, whitebait, whiting.

**MEAT.** Beef, venison, lamb, mutton, veal.

**POULTRY AND GAME.** Chickens, ducks, fowls, geese, goslings, leverets, pigeons, plovers, pullets, quail, rabbits, turkey poults.

**VEGETABLES.** Artichokes, asparagus, beans (kidney, Windsor and scarlet), carrots, cauliflower, cucumber, endive, leeks, lettuce, mushrooms, peas, potatoes, radishes, salsify, spinach, tomatoes, turnips, vegetable marrow.

**FRUIT.** Apples, apricots, bananas, cherries, currants, damsons, greengages, gooseberries, melons, nectarines, oranges, peaches, pears, pineapples, plums, raspberries, strawberries.

### AUGUST

**FISH.** Brill, cod, conger-eels, crabs, crayfish, dabs, halibut, haddocks, herrings, lobsters, lamprey, mackerel, mussels, mullet, plaice, prawns, salmon, soles, turbot, whiting.

**MEAT.** Beef, venison, lamb, mutton, veal.

**POULTRY AND GAME.** Black cock, chickens, wild ducks, ducks, fowls, game (moor), geese, grouse, leverets, pigeons, plovers, pullets, rabbits, turkey poults, turkeys.

**VEGETABLES.** Artichokes, beans (French, kidney, Windsor and scarlet), carrots, cauliflower, cucumbers, endive, leeks, lettuces, marrow, mushrooms, onions, peas, potatoes, radishes, salsify, shallots, spinach, turnips.

**FRUIT.** Apples, bananas, cherries, currants, damsons, figs, filberts, gooseberries, grapes, greengages, melons, mulberries, nectarines, peaches, pears, pineapples, plums, raspberries.

### SEPTEMBER

**FISH.** Bream, brill, cod, crabs, eels, grey-mullet, gurnet, haddocks, hake, halibut, herrings, lobsters, plaice, prawns, salmon, soles, turbot, whiting.

**MEAT.** Beef, venison, lamb, mutton, pork, veal.

**POULTRY AND GAME.** Chickens, wild ducks, fowls, geese, grouse, hares, partridges, pigeons, plover, pullets, rabbits, turkey poults, widgcon, woodcock.

**VEGETABLES.** Artichokes, beans, beetroot, cabbages, carrots, cauliflower, celery, endive, leeks, lettuce, marrow, mushrooms, onions, peas, potatoes, salsify, turnips.



**FRUIT.** Apples, bananas, blackberries, cherries, currants, cob-nuts, damsons, figs, filberts, greengages, grapes, hazel-nuts, medlars, melons, nectarines, peaches, pears, pineapples, plums, walnuts.

### OCTOBER

**FISH.** Barbel, brill, carp, crabs, crayfish, eels, gurnet, haddocks, hake, halibut, herrings, lobster, mullet, oysters, salmon-trout, scallops, smelts, whiting.

**MEAT.** Beef, doe-venison, lamb, mutton, pork, veal.

**POULTRY AND GAME.** Chickens, wild duck, geese, grouse, hares, partridge, pheasants, pigeons, golden plovers, pullets, rabbits, snipe, teal, turkeys, widgeon, woodcock.

**VEGETABLES.** Artichokes, beans, beetroot, celeriac, cabbages, cardoons, carrots, cauliflower, celery, endive, garlic, leeks, mushrooms, onions, parsley, peas, potatoes, savoys, salsify, spinach, tomatoes, turnips.

**FRUIT.** Apples, bananas, damsons, figs, filberts, grapes, melons, medlars, nuts, peaches, pears, pineapples, plums, pomegranates, walnuts.

### NOVEMBER

**FISH.** Brill, cod, crabs, dories, eels, gurnet, haddocks, halibut, herrings, lobsters, mussels, oysters, salmon, trout, scallops, skate, smelts, soles, sprats, turbot, whiting.

**MEAT.** Beef, venison, lamb, mutton, pork, veal.

**POULTRY AND GAME.** Wild ducks, fowls, geese, grouse, hares, partridges, pheasant, ptarmigan, pigeons, plover, pullets, rabbits, snipe, teal, turkeys, widgeon, woodcock.

**VEGETABLES.**—Beetroot, broccoli, cabbage, celeriac, cardoons, carrots, celery, endive, Jerusalem artichokes, leeks, lettuce, onions, parsley, parsnips, potatoes, salsify, savoys, scotch-kale, shallots, spinach, sea-kale, tomatoes, turnips.

**FRUIT.** Apples, bananas, cranberries, chestnuts, figs, filberts, grapes, melons, nuts, oranges, pears, raisins, tangerines, walnuts.

### DECEMBER

**FISH.** Brill, cod, crabs, eels, haddocks, herrings, lobsters, mackerel, mussels, oysters, perch, plaice, salmon, scallops, skate, smelts, sprats, soles, turbot.

**MEAT.** Beef, venison, lamb, mutton, pork, veal.

**POULTRY AND GAME.** Capercailzie, capons, chickens, wild ducks, ducks, fowls, wild geese, geese, guinea fowl, grouse, hares, partridges, pheasants, quail, rabbits, snipe, turkeys, widgeon, woodcock.

**VEGETABLES.** Artichokes, beans (haricot), beetroot, broccoli, brussels sprouts, cabbages, cardoons, carrots, celery,

horseradish, Jerusalem artichokes, leeks, lettuce, mushrooms, onions, parsnips, potatoes, rhubarb, salsify, savoys, Scotch-kale, sea-kale, sorrel, spinach, turnips, tomatoes.

FRUIT. Almonds, apples, bananas, cranberries, chestnuts, figs, filberts, grapes, medlars, nuts, oranges, pears, prunes, raisins, tangerines, walnuts.

## *Carving*

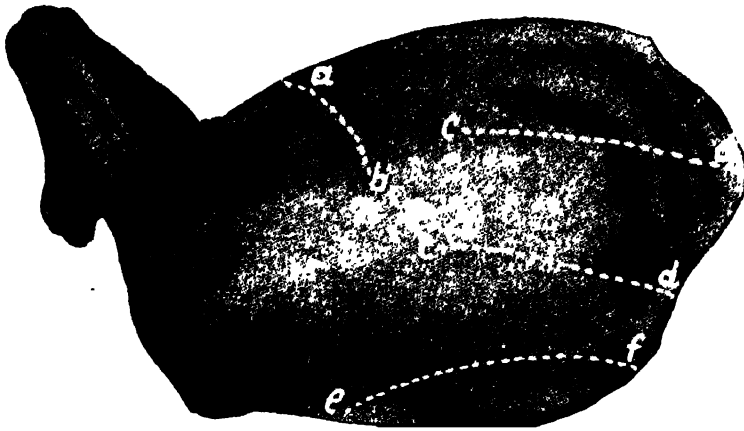
Except in the big hotels and restaurants, the "art of carving" is almost lost. Perhaps it is because we no longer want or, for that matter, get the huge and varied joints which graced the tables of our great-grandfathers. Custom has also altered, and carving is seldom done in the presence of the guests, but in the privacy of the kitchen, the sliced meat being served on a dish. This is an economical method and enables the individual to make his choice.

In days gone by, the "Master Carver" ranked next below the "Master of the Household" in the rich man's establishment, and his importance was understood because he was not only responsible for seeing that each had his fair share, but he realized that meat cut well goes twice as far as when it is hacked and mangled. He employed a variety of technical terms in his profession which, if incorrectly used, would draw as much scorn from him as a misused word in the hunting field today. Here are some of his expressions, meaning to carve:

Break a deer.	Unlace a coney.
Lift a swan.	Unbrace a duck.
Leach a brawn.	Spoil a hen.
Dismember a heron.	Tame a crab.
Disfigure a peacock.	Tire an egg.

In more recent years carving was a necessary accomplishment of a gentleman. Lord Chesterfield writes in one of his "Letters": "To do the honours of a table gracefully is one of the outlines of a well-bred man; and to carve well, little as it may seem, is useful twice every day, and the doing of which ill is not only troublesome to ourselves, but renders us disagreeable and ridiculous to others." Nevertheless, whether carving is done before the critical eye of the family or guests, or in the kitchen, there is a correct way of doing it, and the correct way in the end is the easiest.

First of all about knives; a sharp knife about 9 inches long with a blade about 1 inch across and curving at the end to a point is suitable for joints as well as game and poultry, although it is usual to have a shorter one about 6 inches long for the



SHOULDER OF MUTTON



LEG OF MUTTON

latter. A special two-pronged fork with a clip guard is generally supplied with the knives, the guard to protect the amateur against a slip of the knife's keen edge. A longer and narrower knife is used for slicing ham. It must be thin and very pliable, and a well-worn knife is much prized. Stainless steel or silver carvers are used for fish and are not sharp, though a stainless steel table knife is sometimes handy.

The following instructions are recommended for the household. Carving in the restaurant is different in so much as the whole joint is carved without any consideration of the morrow, and with the object of serving each person with a fair portion of both the best and the worst of the joint. If this were done in a small household the joint would be chopped about in different places and would not only be a sorry sight at its next appearance but would lose much of its value by "bleeding" where it had been cut.

### SIRLOIN OF BEEF

The most tender part of this joint lies under the bone, and is called the fillet or undercut. The joint should be laid on its back and slices taken from "a" to "b" right across the joint from "c" to "d." When these have been used, turn the joint over and cut thin slices lengthways from "e" to "f." (p. 19).

### RIBS OF BEEF

\* Ribs of beef are cut in the same manner as the sirloin, but there is no fillet attached to them.

### SHOULDER OF MUTTON OR LAMB

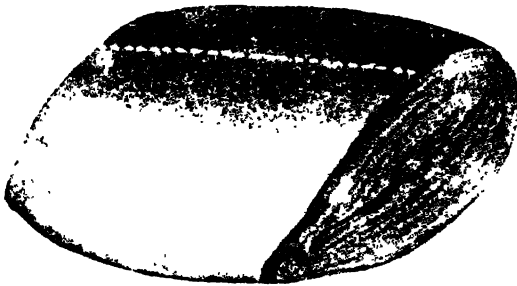
The illustration (p. 17) shows a shoulder cut from the left side of the animal; opposite instructions should apply to a shoulder cut from the right. There are three main cuts: (1) Note the position of shoulder blade and place the meat with the angle of the bones toward the carver. Raise the joint a little and cut as many even—not tapering—slices as possible in the direction of "a" to "b" between the knuckle and the shoulder. (2) Cut fillets from the top of the shoulder blade on either side of the ridge of the blade bone in the direction of "cc" to "dd." Then the fat from the line "e-f." (3) Turn the shoulder over and take a few cuts of lean but rather juicy pieces from the blade, cutting outwards.

### LEG OF MUTTON OR LAMB

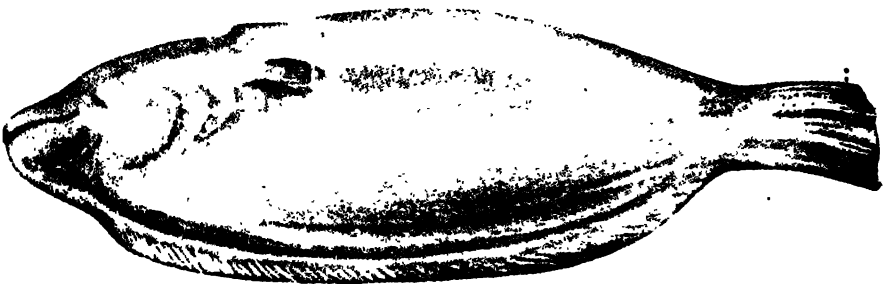
The bone is to one side of the joint, and the inexperienced should test for the bone by inserting the fork. Place the joint with the fleshy side away from the carver. This may mean that,



SIRLOIN OF BEEF



SALMON



TURBOT

the knuckle is on the left or the right according to the side of the animal from which the leg is cut. Make a straight cut down to the bone from "a" to "b." Now make the next one parallel about  $\frac{1}{4}$  inch thick almost to the bone, turn the knife slightly so as to sever and lift out the slice. The fat will be found at the bottom corner of the thick end, "c-d." (p. 17)

### SADDLE OF MUTTON OR LAMB

This is part of the back of the sheep. Cut along the spine and across the ribs, that is to say with the grain of the meat. Cut long fairly thick wedge-shaped slices along each side of the backbone. These may be divided into two or three according to the size of the joint. A small amount of fat can be cut from the bottom of the ribs.

### CALF'S HEAD

The head is usually halved. Cut strips from the ear to the nose in parallel slices. A slice of tongue, a little of the "throat sweetbread" found in the neck, and some of the brain, can be served with it.

### TONGUE

If a tongue is served laid out to its full length, it should be cut down in  $\frac{1}{4}$ -inch slices. The prime part is at the heel end, the tip being rather tough. If the tongue is rolled, such as tongues bought in tins or jars, it is cut very thin with a ham knife in horizontal slices.

### LEG OF PORK

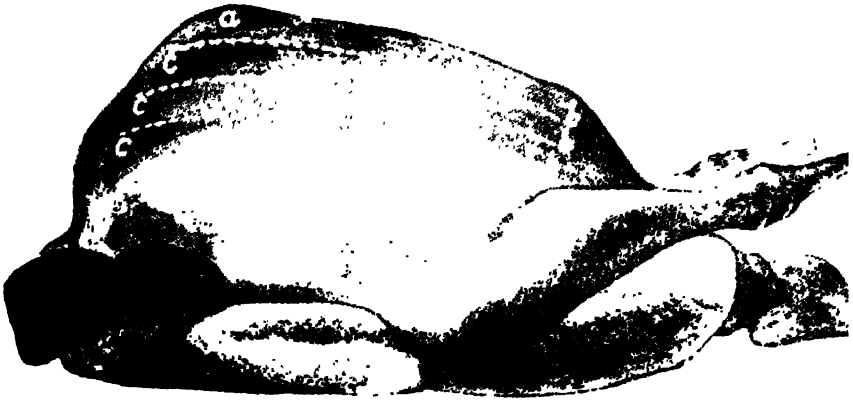
This is cut in the same manner as mutton. The butcher usually scores the skin, so that when roasted it becomes crisp and brown and is called "crackling."

### HAM

This is carved similarly to a leg of mutton, but should be cut into very thin slices, using a long, thin ham knife kept for the purpose.

### CHICKEN

Remove any skewers or string used in trussing. Insert the fork in the leg, cut through the skin round the thigh and lever the leg from the body. Very little cutting should be necessary. The joint will then be disclosed and the sinew holding the leg to the body severed. Now carve the wing, cutting widely so as to take an adjacent part of the breast; when the wing joint is reached, insert the fork so as to locate the joint where the wing can be severed. Now remove the breast bone by cutting



TURKEY



GOOSE

across the front of the breast and lifting upward toward the front. This piece is called the "merrythought." The breast may now be removed in two portions. In the case of a capon or large fowl it is sometimes convenient to slice the breast. Now turn the bird over and remove the two sockets of the thigh joint which can be lifted out with the point of the knife. These two pieces are sometimes called "oysters."

### DUCK

Duck is carved in the same way as a chicken except that the breast being flat is carved in long thick slices, or in one slice, if the bird is small.

### GOOSE

The skin below the breast called the apron, should be cut off as shown in the illustration and marked "aaa," this will allow any stuffing to be withdrawn and trims the breast ready for the next operation. The breast is the most esteemed part of the goose and is cut in long slices about  $\frac{1}{2}$  inch thick from "b" to "c." The wings and the legs, which are trussed beneath the apron, are then severed like any other bird. A goose is a very rich bird and portions should therefore not be too large. (p. 21).

### TURKEY

A small turkey may be carved in the same manner as a capon or large fowl. The breast of a large turkey should be cut in slices about  $\frac{1}{2}$  inch thick from the letters "bbb" in the illustration and through the forcemeat at "a" to "ccc." If the slices are made right up to the wing, the greater part of the wing will be served. The wings and legs should be severed in the same manner as those of a fowl and then cut in slices. (p. 21).

### SALMON

Slice the salmon along the line "a-b." This divides the salmon into an upper or thick half, and a lower or thin half. The thin half, down to "c-d" is much richer than the thick half. Slices are now made parallel to "a-b" 1 to  $1\frac{1}{2}$  inches thick according to the size of the fish and in this manner neat portions will be served. A piece of the thick and thin should be given with each helping. (p. 19).

### TURBOT

Run the knife through the bone along the line "abc" and then along to "ddd," the portions will then be easily raised from the bone with the fish server. The skin should not be taken from the slices. (p. 19).



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### BEATING THE WHITES OF EGG

Many an amateur or badly trained professional cook wonders why her soufflés never rise, why her meringues are never quite the same as that of pastry cooks, and why, sometimes, when she thinks the eggs are "quite stiff enough" they suddenly fall flat and part of them turns to water. If such cooks could watch the operation of egg beating as carried out by a professional and efficient chef, they might then understand the meaning of "beating to a stiff froth"—so stiff and firm, in fact, that if a small egg, uncooked, is placed on the top of it, the egg will not sink. This degree of stiffness can only be attained with the whites of perfectly fresh eggs which, when separated from the yolks, *should not have a particle* of yolk mixed with them. The eggs should be broken in a sufficiently large basin, as their volume is greatly increased in the process of beating. It is preferable to use a large and proper egg whisk, and not a mechanical egg beater with a turning handle. The ordinary small whisk used for sauces is not sufficiently strong for the beating of eggs. Now start beating the eggs somewhat gently, but quite regularly. After they have formed a kind of globular mass, proceed to beat them steadily till they form a perfectly smooth *white* globular

mass. Then increase the strength and speed of beating and continue beating, *without once stopping*, till they have attained the consistency of stiffly-whipped cream. If they are sufficiently beaten, they will cling in a solid mass to the whisk when it is taken out of the basin. Not a particle must fall off the whisk without being vigorously shaken. Then, and then only, are eggs "beaten to a stiff froth."

Beaten whites of egg should be used at once, as otherwise, if kept waiting, they are apt to go flat. They should never be beaten near a fire or in a hot kitchen if the best results are to be obtained.

### HOW TO RUB A PURÉE THROUGH A SIEVE

A large and wide hair sieve is indispensable if either a perfectly smooth purée, whether for soups or as a vegetable, is wanted. A wide wooden pestle, specially designed for the purpose, greatly facilitates the operation. Place the sieve over a basin, and on it put a spoonful or two of whatever vegetables are to be sieved on the side of the sieve farthest away from you. Then start rubbing them through by bringing them continuously towards you. This will be found far more satisfactory than by rubbing them indiscriminately in all directions. Remove occasionally all things, such as peelings, which cannot be rubbed through and finally, with an ordinary spoon, remove any of the purée which has clung to the other side of the sieve. The shallow side of the sieve should always be uppermost. All farinaceous things such as chestnuts, potatoes and dried vegetables should be sieved while they are very hot.

### HOW TO FRY PARSLEY

Parsley can only be fried by the process of deep frying (p. 87). It must be fried in oil or in sufficient fat for the parsley to float. Have ready a deep drying pan of *very hot* smoking oil or fat, put the parsley in it and leave for about 1 minute, when the parsley will be quite crisp, and will not have lost its colour. Drain on greaseproof paper for a few minutes in the oven. It should be quite dry.

### HOW TO CLARIFY BUTTER

. The object of clarifying butter is to rid it of all those substances and impurities which are apt to "catch" or burn, adhering as little black spots on whatever is being cooked.

Put the butter in a small saucepan and warm it on a *very slow* fire. A frothy scum will rise to the surface, gradually disappearing as it becomes condensed, and sinking to the bottom, more

or less solidified. The butter will appear quite oily and clear. When it has reached this stage, strain carefully through a thin cloth. It is then ready for use.

### HOW TO WARM UP MEAT, FISH AND VEGETABLES

To warm up meat, poultry or game which has been cooked in a gravy or sauce, add 2 or 3 tablespoons of water and, if the addition of butter is thought necessary, a little melted butter, or a little hot stock can be added at the last moment, as the meat is about to be removed from the fire. The same thing applies to fish or to vegetables which have previously been fried or tossed in butter. If, however, vegetables have just been plain boiled, re-heat by frying them lightly in a little hot butter.

Butter when added to gravy or sauces is apt to make them oily, as they already contain a sufficient amount of grease.

### HOW TO SLICE VEGETABLES

However vegetables are to be used, the slices should always be equal in size and thickness. Otherwise some will be cooked before the others, and, as so often happens in the case of fried onions, for instance, some will be burnt and others not sufficiently cooked. The best and quickest method in slicing carrots, onions, potatoes, turnips, etc., is to put them on a table, hold down firmly and slice regularly with a sharp knife.

### THE USE OF GELATINE

Good gelatine should be absolutely tasteless, and it should be kept in a tin box with a close-fitting lid, otherwise it is apt to acquire an unpleasant taste. Before using, it should be well washed in cold water and stood in cold water so as to soften it. To dissolve it, break in small pieces, and put in a small saucepan with a few tablespoons of water, stock or milk, according to the purpose it is intended for, and simmer very gently till completely dissolved. Strain through a piece of thin muslin, and it is then ready for use.

### HOW TO MAKE CROÛTES AND CROÛTONS

Croûtes and croûtons of fried bread are usually served with thick soups or purées, and are often used to decorate dishes. Cut a slice of bread about  $\frac{3}{4}$  inch thick, preferably from a sandwich loaf, and cut into neat, even little squares. On a slow fire warm a little clarified butter (p. 24) in a small frying pan and, when it is hot, put in the croûtes and fry *very* slowly, till they are a golden brown all over. Toss them or turn them with a knife or spoon, so that they will be equally coloured on the four sides. They should be crisp, but not hard, on the outside,

and quite soft inside, having absorbed the butter. If they are done on a quick fire, they will be hard and dry.

Meat, game, etc., are sometimes served on large croûtons of fried bread.

## HOW TO MAKE BREADCRUMBS

*(Brown)*

Put some crusts in the oven and let them get slightly brown. Then pound them in a mortar, or crush with a rolling-pin, put them on a fine wire sieve, and shake lightly, so that any bread which has been pounded to dust will go through. Then rub them through the sieve and keep them in a closely covered jar, in a dry place.

*(White)*

White breadcrumbs should only be made as they are required, and stale bread should always be used. Remove the crust, and rub the bread through a fine wire sieve, or else grate it finely. White breadcrumbs should always be used for egging and breadcrumbing.

## FRIED BREADCRUMBS

These are usually served with roast game. Use white breadcrumbs, and fry in a little hot butter, on a very slow fire (as for Croûtes), drain and serve hot.

## HOW TO EGG-AND-BREADCRUMB

Only the finest white breadcrumbs should be used—breadcrumbs as fine as semolina, if possible.

Break 1 or 2 yolks of egg in a deep soup plate, add 1 tablespoon oil, and a pinch of salt and pepper. Beat with a fork, till the yolks and oil are well mixed, but do not on any account beat to a froth.

Roll very lightly in a little flour whatever is going to be egged and breadcrumbed, then dip in the beaten eggs, being careful that the coating is quite even. Then roll in the breadcrumbs, and pat down with the blade of a wide knife, so that the breadcrumbs will adhere firmly to the egg.

Alternatively the white alone may be used, or both the yolk and white. The latter is preferable, but it is best to use only the yolks. The oil, added to the eggs, makes the crust far crisper. The object of first rolling in flour is that the surface is dryer and the egg clings to it better. It also greatly facilitates the shaping of such things as rissoles, meat balls, croquettes, etc.

## TO STONE OLIVES

With a small sharp knife—a pen-knife is quite handy to use—

peel the olives in a spiral, pressing the knife against the stone. Finally remove the stone, so that the olive resumes its original shape.

### TO BLANCH OLIVES

Put them in a small saucepan of boiling water and boil for exactly 5 minutes. Drain thoroughly and use as required. The object of blanching olives is that they should not be too salty.

### TO BLANCH ALMONDS

Have a small saucepan of boiling water and throw in the almonds, and immediately remove the saucepan from the fire. Let them stand for 3 or 4 minutes. Then put them on a coarse sieve, pour cold water over them, or let the cold tap run over them, and the skin can then be very easily removed. A simple method is to put the almonds on a table, and press them out of their skin with the thumb. They should be thoroughly dried before using.

### TO KEEP BUTTER FRESH

Put the butter in a deep soup plate or dish, cover it over with a basin or earthenware pot, and surround with cold water. Renew the water from time to time in hot weather, and each time the butter is used.

### HOW TO LARD

The process of larding consists in inserting small strips of larding bacon into either meat or poultry, with a view to making it tastier and more juicy. Lean meat especially is improved by larding, and guinea fowls, the flesh of which has a tendency to dryness, are also greatly improved by larding. There are two kinds of larding—that which is just superficial, and where the lardoon is inserted, or, as it were “sewn” on the surface of the meat, and the other or “deep” larding, where the lardoon is inserted through the whole thickness of the meat. For both these processes larding needles are required.

For superficial larding, the fat should be cut in thin and equal strips  $1\frac{1}{2}$  inches in length and about  $\frac{1}{4}$  inch thick. Insert the larding needle in the meat, as if sewing and taking a stitch of about  $\frac{1}{2}$  inch, and draw it threequarters out. Now put the lardoon in the larding needle and carefully draw out the needle, leaving the lardoon in the meat, with the two ends just showing. Larding should be done in regular rows.

For deep larding, a larger needle is required. Insert the needle through the meat, then put in the lardoon, draw the needle, leaving the lardoon in the meat, with the ends just showing on either side. For this, the length of the lardoons vary according to the thickness of the meat.

## TO BUTTER OR OIL A MOULD

Only the freshest butter or oil should be used, and the butter should always be clarified (p. 24). Dip a brush in either the oil and butter, and apply carefully inside the mould, being sure that it is equally coated. Before using, let the mould stand for a few minutes upside down, so that any surplus butter or oil will run out.

## HOW TO BLANCH

This consists in either plunging things in boiling water, with a view to cleansing them or to facilitate the actual cooking, or else to put them in cold water, which is gradually brought to the boil.

## BLANCHING OF CALVES' FEET, SWEETBREADS, ETC.

The meats which require blanching are principally calves' heads, calves' feet and sweetbreads, sheeps' trotters and sweetbreads. These are cleansed thoroughly in cold water, and soaked in cold water, which should be frequently changed. Put in a saucepan and cover liberally with cold water. Bring to the boil and remove all scum. Calves' heads and calves' feet should be simmered for 15 to 20 minutes; sheeps' trotters for 10 to 15 minutes, and sweetbreads for not more than 3 minutes. They are then thoroughly drained and at once put in cold water, and then dried before being cooked. The usual method of cooking calves' heads, feet, etc., is in a *blanc* (p. 80), the object of which is to keep the meat perfectly white. They can then be dressed with any appropriate sauce or garnish.

## TO BLANCH VEGETABLES

The object of blanching vegetables is to rid them of any bitterness or acrid flavour, or to partially cook them. To blanch vegetables, have a large saucepan of boiling salted water, and plunge the vegetables in the water while on the full boil. Such vegetables as lettuce, chicory, endive, etc., require only a few minutes blanching. Old carrots, turnips, and onions require slightly longer, whilst such vegetables as cabbages (when young), small marrows, cucumbers, etc., are blanched for 10 to 15 minutes, and require no further cooking. Green peas, French beans, spinach, and Brussels sprouts are also blanched or cooked till tender in boiling water—the French culinary term for this process being “*cuisson à l'anglaise*” or “cooking in the English manner” and not “blanching.”

Vegetables which are actually blanched, such as lettuce, etc., should always be drained and put in cold water for 1 or 2 minutes, and again thoroughly drained. All vegetables, such as cabbage,

spinach, etc., which are cooked à l'anglaise, should be well drained.

### HOW TO GLAZE

Stand the pot containing the meat-glaze (p. 45) in a pan containing boiling water and, with a paste brush, lay it on to the meat very evenly, when it will form a sort of clear varnish. Two or three layers should be given.

### HOW TO CREAM BUTTER

Warm a basin or earthenware terrine by pouring very hot water in it. When it is quite hot, dry thoroughly, and put in the butter, divided in small pieces. With a wooden spoon, work till the consistency of a thin paste or of thick cream and till perfectly smooth and free from lumps.

### HOW TO WHIP CREAM

Put the cream in a large bowl or basin, and stand on ice or in a cold place for 1 hour. Use a strong egg whisk for whipping the cream, and not a mechanical beater with a turning handle. Do not beat the cream too vigorously at first, but beat steadily and regularly, without lifting the whisk from the cream. When it begins to thicken and forms bubbles, accelerate the speed of the whipping, and continue till the cream is sufficiently stiff to cling to the whisk and when shaken off to remain quite firm. The cream should have doubled in volume. Do not beat any more, as any further whipping may cause the cream to turn to butter. Keep in a cool place till required.

### HOW TO BARD

Lay one or more slices of larding bacon on the breast of either poultry or game and tie with string. The breast should be completely covered. 10 minutes or so before serving, remove the slice of fat bacon, and brown the breast by constant basting.

### THE HERB BOUQUET

The classical herb bouquet consists of a sprig or more of parsley, thyme and a bayleaf. When other things, such as celery, chives, cloves, etc., are used, these should be mentioned in the particular recipe, as they are not generally included in what is termed the "herb bouquet."

### HOW TO MIX MUSTARD

Mustard is best mixed with slightly warm liquid. Add water gradually to the mustard powder, and mix till perfectly smooth, and of a consistency which will allow the mixture to drop slowly from the spoon. Vinegar is sometimes used—some of the herb

vinegars, such as tarragon, shallot, garlic, etc., giving a pleasant flavour to the mustard. An excellent mild mustard can be made by mixing the mustard powder with a little milk and cream. Mustard should be mixed in small quantities, and used quite fresh, as it dries quickly and loses its flavour when kept.

### HOW TO USE A VANILLA POD

For flavouring ices, creams, custards, etc., bring the milk to the boil, and infuse the vanilla pod, or a short length of it, slightly crushed or bruised with the blade of a knife, in the hot milk for about 20 to 30 minutes.

### TO SIMMER

To simmer is to boil very gently, and is a term which is somewhat loosely interpreted by many cooks. The surface of a liquid or a thickened sauce when *gentle* simmering is indicated, should not *bubble*—there should be no more than a slight quivering—a very slight occasional ripple, which is almost imperceptible.

### “JULIENNE” AND “BRUNOISE”

“Julienne” is a method of cutting vegetables, etc., in strips, barely  $1\frac{1}{2}$  inches in length. For “Brunoise” cut in small squares or dice of  $\frac{1}{4}$  or  $\frac{1}{2}$  inch. Allow 2 tablespoons to every quart of soup.

### TO PREPARE FISH

It is very important that fish should be most carefully cleaned before cooking. The portions to be removed are the gills, the alimentary organs and the settlement of slime and other impurities both inside and outside the fish. First trim the fins and tail with a knife or strong scissors. Then scale the fish by laying it flat on the table, holding the tail with the left hand and, with the knife in the right, make even strokes toward the head gently along the skin until the scales are loosened on both sides of the fish. If the fish is held under the hot water tap for a moment, it will be found that the scales will come off more easily. Scaling makes the skin tender and liable to break during cooking, and it is therefore not wise to scale large fish, which are to be cooked in a court-bouillon. Now slit the fish from the vent along the belly toward the head, just as far as to enable the fish to be emptied, and remove all blood and other matter. Care must be taken not to break the gall bladder, which contains a very bitter liquid. Be sure nothing is left inside that might be offensive, and wash out under the tap but do not allow the fish to soak as this will cause it to lose its flavour.

The “sound,” which occasionally adheres to the bone, is sometimes left and, in the case of cod, may be served as a separate



dish. The hard or soft roe may be replaced after cleaning. Care must be taken not to injure the liver if it is to be used.

To clean flat fish, i.e., plaice, sole, dabs, etc., remove the gills, and insert the knife between the aperture left at the head of the fish and make a small cut downwards and remove the waste.

Small fish, i.e., trout, smelts, etc., can be cleaned by removing the gills and the waste in one action.

### TO SKIN FISH

If it is a flat fish, make an incision across the skin just above the tail. Raise the skin with the point of a knife and with the thumb loosen the skin from the flesh, first up one side and then the other. Hold the tail flat on the board with the left hand and with a cloth in the right, to prevent the fingers slipping, pull the loosened skin toward the head.

Round fish should be done with greater care as the flesh will break more easily than that of flat fish. Cut the skin just under the head, loosen the skin carefully and pull it gently toward the tail.

### TO FILLET FISH

If it is a flat fish, cut down the faint line marking the backbone with the point of a knife and also down each side of the fins where the flesh ends in the fin bones. Do this on both sides of the fish. Lay the fish flat on a board, tail toward you, and insert the knife below the head, and with sweeping strokes of the knife pressed flat against the bones, work the flesh away from the bones on the left side. The flesh will come away entire from one side of the fish. Turn the fish so that the head is toward you, make the incision just below the tail and fillet in the same manner. Turn the fish over and repeat the process.

If it is a round fish, cut off the head and cut along the dark line of the back down to the bone and each side of the backbone. Work the flesh from the bones and remove the fillet in a similar way as the previous method. Round fish have only two fillets.

### TO PREPARE AND TRUSS A FOWL

Having plucked and singed the fowl, cut off the head, and draw the skin back from the neck and cut off the neck close to the body; this will leave a flap of skin to fold over the body. Draw out the windpipe and the crop. Insert the middle finger in the neck and loosen the lungs and lights which fit tight in the ribs and backbone, and the heart which is attached to the breastbone. Make a slit between the tail and the vent, insert the finger and loosen everything, then grasp the gizzard and draw all out. Look into the aperture to see that all internal organs

and any soft fat have been drawn. Wipe the inside of the fowl with a clean cloth, but do not wash it unless any part of the inside has been broken in the drawing. The gall bladder should be removed from the liver, and the bag of stones from the gizzard, and thrown away. The liver, gizzard and the neck should be well washed in cold water.

To truss the fowl for roasting, cut through the skin a little below the foot joint, crack the bone at this place and draw away with a twisting movement; this will pull out the tendons. Scald the piece of leg left on the fowl and peel off the skin. Place the fowl on its breast, pull the flap of skin at the neck over the back and cross the ends of the wings over this. Turn the fowl over, wings and breast toward you, and bring the legs forward toward the wings, and with a trussing needle and fine string (or a skewer), pass the needle through the middle joint of the wing and straight through the bird above the thigh bone and through the middle joint of the other wing. Turn the fowl over and pass the needle through the tips of the wings and the skin of the neck and tie. Do not cut the string but pass the ends round the rump and tie again. Bring the legs close together and tie them, making the shanks stand up.

#### TO PREPARE AND TRUSS A TURKEY

Turkeys are plucked and singed as for a fowl. The sinews are then drawn by breaking the leg bones close to the feet and securing the feet to a hook in the wall above you, so that the weight of the bird and your own strength will draw the sinews out. The bird is then drawn as for fowl, but a special hook is used, which is sold for the purpose. Place the pinions and the legs close to the sides and put a skewer in the joint of the wing and through the middle of the legs and body. Put another skewer through the small part of the legs.

#### TO PREPARE AND TRUSS A GOOSE

Prepare in exactly the same way as for fowls, and cut the pinions off at the first joint and remove the feet. Truss the bird flat, using three skewers, the middle one holding the two wings and two legs, the other two being used to keep the bird in shape during the cooking process.

#### TO PREPARE AND TRUSS A DUCK

Prepare in the same way as for fowls; the feet are sometimes left on, the tips of the toes being clipped. To truss, place the duck on its back, breast towards you, insert a skewer in the wing and through the leg and thigh joint and out at the middle of

the back, and then into the other leg and wing. This method is called "back setting" and it ensures that the bird gets equally cooked in the legs and thighs as well as the breast.

### TO BONE POULTRY OR GAME

Pluck and singe the bird but do not draw. Remove the legs and the wings at the first joint and draw out the tendons. With a sharp knife cut off the head and neck and remove the crop and then the merrythought or wishbone. Insert the point of the knife and cut the sinews, which join the wing bone to the breast bone. Loosen the meat on the wing bone up to the middle joint of the wing and the bone can be detached from the bird. Repeat the process to the other wing. Now carefully detach the skin and flesh from the back up as far as the leg joint; turn the bird over and do the same with the breast, taking care that the knife does not cut the skin of the bird. Next loosen the thigh joints by inserting the knife in the joint between the leg and the body, having eased back the skin previously and taking care not to cut the skin. The bird by now being almost turned inside out, the bones are all exposed except at the top of the back and the two aitchbones. These are easily removed with the knife, not by cutting, but with a pushing or scraping movement. The boned bird being completely inside out should resemble a glove, and the leg bones will be easy to detach.

### TO PAUNCH, SKIN, CLEAN AND TRUSS A RABBIT

It is best to paunch a rabbit as soon as it has been killed. It is quite simple to do. Hang the rabbit up by its hind legs, slit the skin down the belly and, with the finger and thumb, draw out the intestines and stomach and throw them away. Wipe out the inside. To skin the rabbit cut off the legs at the first joint. Loosen the skin from the flesh at the flank or belly at the opening, working toward the hind legs. Then turn the skin of the legs inside out and pull it away from the flesh. Draw the skin toward the head and pull it from the forelegs in the same way as the hind. Loosen the skin from the head with a knife and draw the whole skin away. Throw away the eyes. Remove the heart, kidneys, liver and lungs. The gall bladder should be very carefully taken from the liver, so as not to break it. Wash the heart, liver and kidneys and the rabbit in salted water, and then soak in tepid water for about 30 minutes and dry in a cloth.

To truss the rabbit, cut the sinews of the legs so that they can be bent, the forelegs backwards and the hind legs forward, to lie close to the body, fixing them in place either with skewers

or with string. Raise the head into position and run a skewer through the mouth and down into the back to hold it.

### TO PAUNCH, SKIN, CLEAN AND TRUSS A HARE

Unlike a rabbit, hare should not be paunched at once, but should be hung as long as possible whole. Paunch in exactly the same way as rabbit, but save the blood. Skin as rabbit, but leave the tail and ears on. The ears are a little difficult to skin and patience and care are needed. Truss the hare in the same manner as rabbit, but fasten the tail to the back with a skewer.

### HOW TO CHOOSE VEGETABLES

Vegetables should be used as soon as possible after they have been gathered, they then contain the most nourishment, vitamins and flavour. Every day or even every hour after they are cut or uprooted they deteriorate, until wilted and bruised they are of little culinary value. Needless to say, young vegetables are better than over large and old ones.

Many of us have no kitchen gardens and few of us grow all the vegetables we want. Here are a few hints on how to choose vegetables:—

**ARTICHOKES (Globe).**—The leaves should be very firm. Cut the darkened end of the stem, and if it is white and moist, it is fresh.

**ARTICHOKES (Japanese).**—Should be firm. They soon deteriorate and become soft when kept.

**ARTICHOKES (Jerusalem).**—Should be firm. They soon deteriorate and become soft when kept.

**ASPARAGUS.**—The stems should be firm and the tops tightly folded. Limp stems, and tops already showing leaves forming, have lost their flavour.

**AUBERGINES.**—There are several species, the commonest and best is shaped like a cucumber and deep purple in colour. The stems should adhere firmly to the skins. The pulp and seeds white and free from black spots.

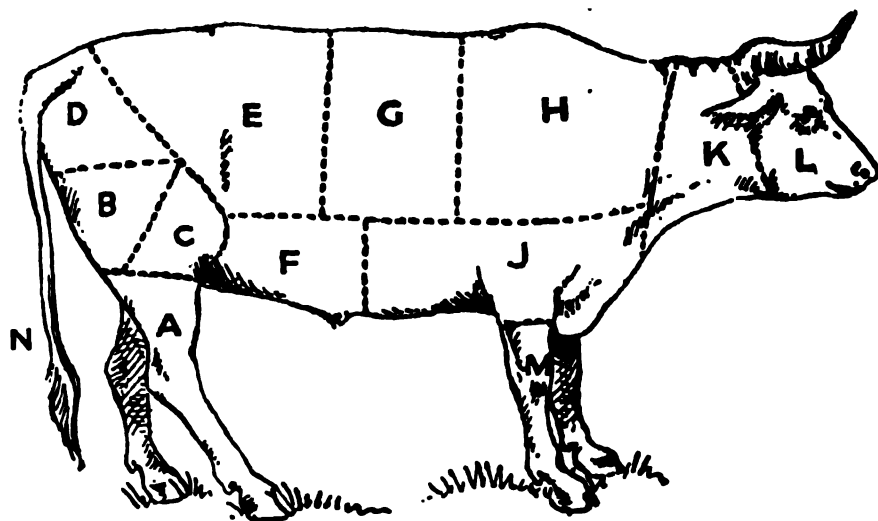
**BEANS (French).**—These should be rich green in colour and should snap in two when bent. It is not necessary to string them when young.

**BEANS (Broad).**—If these are allowed to grow large the bean becomes covered with a thick parchment-like skin, coarse of taste and indigestible. When young they can be cooked and eaten like French beans, pod and all.

**BROCCOLI (Sprouting).**—Choose this when the stems are short and crisp.

**BRUSSELS SPROUTS.**—The small, tightly closed ones are the best.

- CABBAGE.**—The leaves should be closely packed. Beware of splits and holes which indicate worms and caterpillars inside.
- CARROTS.**—These should be firm and without splits. Only a small margin at the top should be green.
- CAULIFLOWER.**—The flower should be closely packed and white.
- CELERIAC.**—Small roots are best. Large roots are apt to be woody and hollow.
- CELERY.**—Choose small heads tightly packed.
- CHESTNUTS.**—The skins are tight when the nuts are fresh.
- CHICORY.**—The leaves should be crisp and silvery and tightly packed.
- CORN.**—Corn deteriorates rapidly when once cut, and it should be cooked immediately. The grain should be green and showing signs of gold and, if pressed with the fingernail, should exude its milk.
- CUCUMBER.**—The skin should be shiny and green and the fruit firm.
- LEEKs.**—Only small ones should be used as a vegetable. Old ones are only good for flavouring soups and stews.
- MUSHROOMS.**—Fresh mushrooms are heavy. They lose their weight quickly on keeping. Lift the skins, the flesh underneath should be white. If dark they are stale.
- ONIONS (for keeping).**—Firm and dry, with a smooth skin.
- PARSLEY.**—Firm and fragrant.
- PARSNIPS.**—These are best after the winter frosts have arrived.
- PEAS.**—The pods should be green and without blemishes and if pressed with the nail, sap should appear. Beware of the over tightly packed pod which is usually offered as value for money.
- POTATOES.**—There are a large variety. The skins vary in colour, ivory, pink, blue and almost black. Their texture on cooking differs between "floury" and "waxy." "Floury" potatoes are used for mashed potatoes while the "waxy" type are favoured for salads, and when they are to be fried and sauté as they do not soak up the fat and become greasy. "New" potatoes are "waxy" and if they belong to the "floury" species, become so as they ripen. Abundance, Arran, British Queen, Epicure, Majestic, Snowdrop, etc., are of the "floury" kind. Sharpe's Express is the most popular of the "waxy." The popular King Edwards and Gladstones are of fairly close texture when small but become floury as they grow old.
- SPINACH.**—The leaves should be straight. Curved leaves means overgrowth.
- TURNIPS.**—Should be moist when scratched, and if no liquid appears in the incision they will be stringy.
- WATERCRESS.**—Leaves crisp and brilliantly green as if varnished.



## Beef

### JOINTS, ETC.

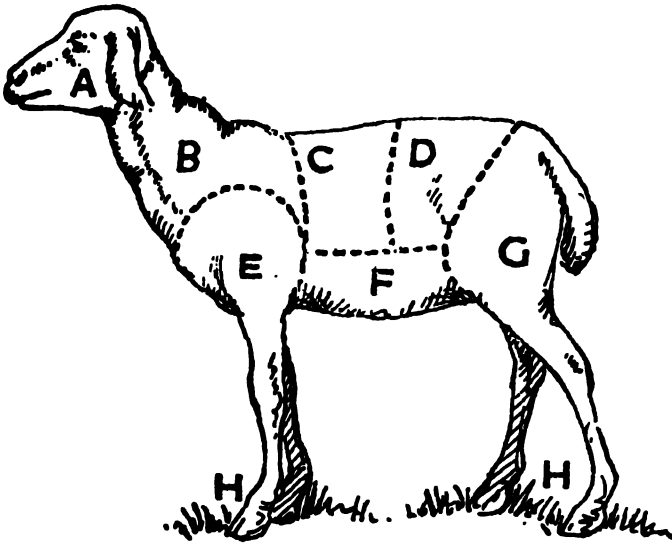
(A) Leg or hind shin . . . . .	..
(B) Top side, round, or top rump . .	..
Silverside . . . . .	..
(C) Thick flank . . . . .	..
(D) Aitchbone, middle rump . . . . .	..
(E) Rump, fillet and sirloin . . . . .	..
(F) Skirt or flank . . . . .	..
(G) Fore ribs, and best chine . . . . .	..
(H) Middle ribs . . . . .	..
(J) Brisket . . . . .	..
(K) Neck . . . . .	..
(L) Head . . . . .	..
(M) Shin . . . . .	..
(N) Tail . . . . .	..

### METHODS OF COOKING

Stews, soups.
Roasting, braising or stewing.
Boiling (salted).
Roasting, boiling, grilling.
Roasting, boiling, or as steak.
Roasting and grilling.
Roasting, grilling or stewing.
Roasting, or any method.
Roasting.
Boiling, stewing.
Stewing, and for soups.
Ox cheek, boiling or braising.
Ox palate: boiling.
Ox tongue: boiling or braising.
Beef brain: boiling or braising.
Soups, gravies, stews.
Braising, stewing and for soups.

### HOW TO CHOOSE

The meat should be a deep red, mottled with fat, finely intermingled with lean. The fat should be a pale yellow, not discoloured or mottled. The meat should be firm, elastic and hardly moist. If the beef is young there should be no gristle between fat and lean. Pale-pink meat, as well as deep purple, should be avoided—as should meat which is wet, sodden or flabby.



## Mutton

### JOINTS, ETC.

(A) Head	..	..	..
(B) Neck and scrag	..	..	..
(C) Best end of neck	..	..	..
(D) Loin ..	..	..	..
(E) Shoulder	..	..	..
(F) Breast	..	..	..
(G) Leg ..	..	..	..
(H) Feet or trotters	..	..	..

### METHODS OF COOKING

Boiling and for broth.
Used especially for stews.
Roasting or as cutlets.
Roasting or as chops.
Roasting or boned, rolled and stuffed.
Roasting or boned, rolled and stuffed, or used in pieces for stews or soups.
Roasting, braising or boiling.
Stewing or braising.

### HOW TO CHOOSE

It should be small-boned and plump. Flesh a deep red colour and firmer than beef. It should not remain wrinkled when pinched. If it does so, the meat is old and tough. The fat should be firm, white and waxy.

## LAMB

### JOINTS, ETC.

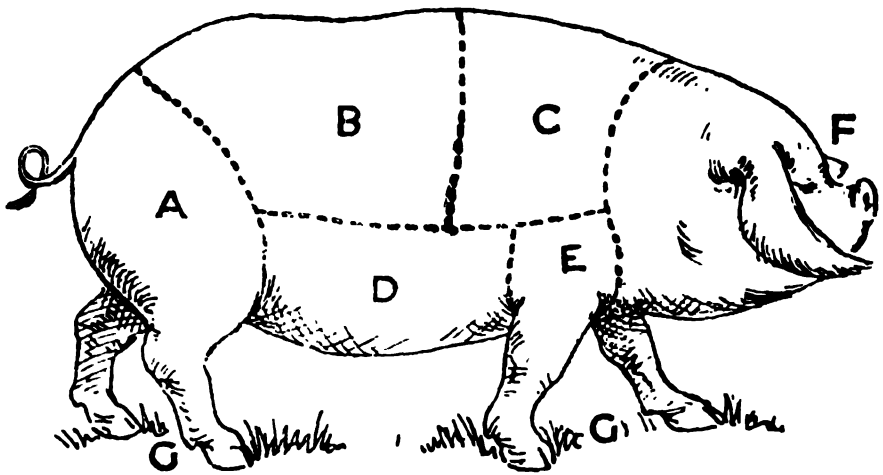
Breast	..	..	..
Forequarter ..	..	..	..
Hindquarters	..	..	..
Leg ..	..	..	..
Loin ..	..	..	..
Neck (best end)	..	..	..
Neck (scrag end)	..	..	..
Shoulder	..	..	..

### METHODS OF COOKING

Stewed, etc.
Roasted, cut up, and other various ways.
Roasted.
Roasted, braised, boiled, etc.
Roasted.
Cutlets or whole, roasted, etc.
Stewed, braised, or for broth.
Roasted, etc.

### HOW TO CHOOSE

The flesh should be firm, and the fat part pearly white. The lean is a little paler than that of mutton. Seasonable from March to September, but at its best from May to July.



## *Pork*

### JOINTS, ETC.

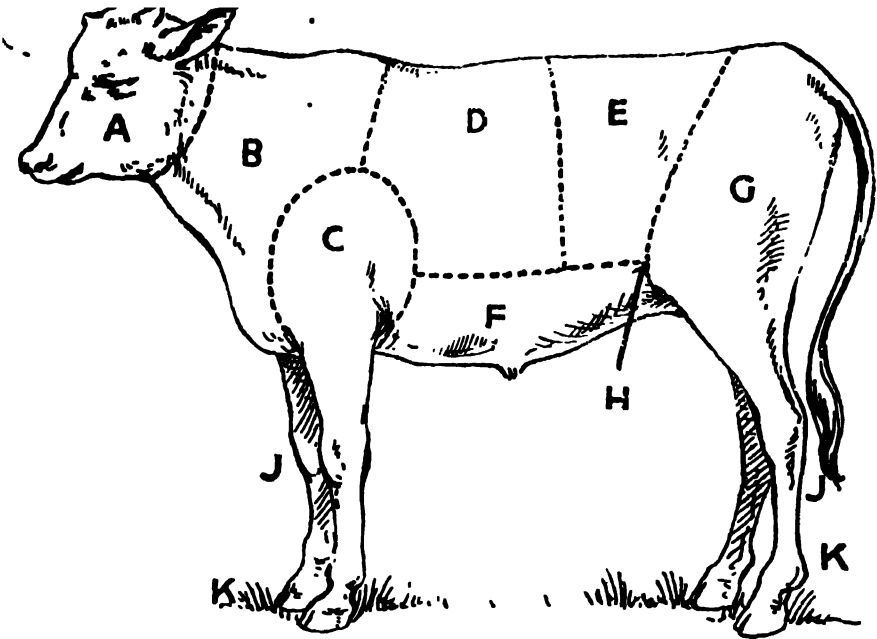
### METHODS OF COOKING

(A) Leg	..	..	..	..	Boiling and roasting, and as ham.
(B) Loin	..	..	..	..	Boiling or roasting or as chops.
(C) Spare ribs and best end of neck					Boiling and roasting or as chops.
(D) Belly	..	..	..	..	Boiling or stewing. Salted.
(E) Hand or spring	..	..	..	..	Boiling or stewing.
(F) Head	..	..	..	..	Boiling, and for brawn.
(G) Trotters	..	..	..	..	Boiling or braised.

### HOW TO CHOOSE

The flesh should be firm and pink. The fat firm and of fine grain and pinky-white. The meat should be free from any blemish.





## *Veal*

### JOINTS, ETC.

(A) Head	..	..	..	..
(B) Scrag	..	..	..	..
(C) Shoulder	..	..	..	..
(D) Best end of neck	..	..	..	..
(E) Loin	..	..	..	..
(F) Breast	..	..	..	..
(G) Leg and fillet	..	..	..	..
(H) Tendron	..	..	..	..
(J) Knuckle	..	..	..	..
(K) Feet	..	..	..	..

### METHODS OF COOKING

Boiling, and for brawn.
Stewing or braising.
Roasting whole, stuffed, or in pieces for sautés or Veal Marengo, etc.
Braising or stewing. The chops can be grilled.
This is the choicest piece, and should be roasted or braised.
Stewing or braising.
Roasting or braising. Can be cut into escalopes, or "Wiener Schnitzel," etc.
For "Blanquette of Veal," etc.
For soups.
Jelly or brawn.

### HOW TO CHOOSE

The meat should be pale pink and firm. The fat is not abundant, and should be white.

## LIST OF KITCHEN UTENSILS

- APPLE CORER.  
 BAKING TRAY, thick heavy iron.  
 BASTING SPOON.  
 BOILING POT, large, oval shape is useful.  
 BOTTLE OPENER.  
 BREAD BIN.  
 BREAD BOARD AND KNIFE.  
 BUTTER DISH.  
 CAKE RACK.  
 CAKE TIN AND BISCUIT TIN.  
 CAKE TINS, set of, including sandwich tins.  
 CASSEROLE.  
 CHOPPING BOARD.  
 COFFEE MILL.  
 COLANDER.  
 CUTLET BEATER.  
 DISHES, SOUFFLÉ.  
 EGG POACHER.  
 EGG WHISK, mechanical or wire.  
 FISH SLICE.  
 FLOUR AND SUGAR DREDGER.  
 FLOUR BIN.  
 FRYING PAN, deep, with wire basket.  
 FRYING PANS, 2 sizes.  
 FUNNEL.  
 GLASS OVENWARE, set of.  
 GRATER.  
 ICING SYRINGE OR A FORCING BAG.  
 JELLY MOULDS.  
 JUGS, set of.  
 KETTLE, not aluminium.  
 KITCHEN CLOCK.  
 KITCHEN KNIVES, FORKS AND SPOONS.  
 KNIFE SHARPENER.  
 LEMON SQUEEZER.  
 MEASURING CUP.  
 MEAT SAW.  
 MINCING MACHINE.  
 MIXING BOWLS, one or two.  
 OMELETTE PAN.  
 OVEN CLOTHS.  
 PALETTE KNIFE.  
 PASTRY BOARD OR MARBLE.  
 PASTRY BRUSH.  
 PASTRY CUTTERS, assortment of fancy.  
 PATTY TINS, 12.  
 PESTLE AND MORTAR.  
 PIE-DISHES, set of.  
 POTATO KNIFE.  
 PRESERVING JARS.  
 PRESERVING PAN.  
 PUDDING BASINS, set of.  
 PUDDING CLOTHS.  
 ROASTING PAN.  
 ROLLING PIN.  
 SALAD BASKET.  
 SALT JAR.  
 SAUCEPANS, set of, thick and of good quality.  
 SCISSORS.  
 SIEVE, HAIR.  
 SKEWERS.  
 SKIMMER.  
 SOUP LADLE.  
 SPICE BOX.  
 SPOON, PERFORATED.  
 STEAMER AND DOUBLE SAUCE-PAN.  
 STERILIZER FOR PRESERVING.  
 STRAINERS, fine and coarse.  
 STORING JARS AND CONTAINERS.  
 TAMMY OR JELLY-BAG AND STAND.  
 THERMOMETER, OVEN.  
 TIN OPENER.  
 TOASTING FORK.  
 TRAYS.  
 WEIGHING MACHINE.  
 WIRE MEAT COVER.  
 WOODEN SPOONS, set of.
- Some other useful items :*
- ASPARAGUS BOILER.  
 BAIN MARIE.  
 BORDER MOULDS.  
 BUTTER HANDS.  
 CHARLOTTE MOULDS.  
 CHERRY STONER.  
 COCOTE DISHES.  
 DARIOLE MOULDS.  
 EGG CUTTER.  
 FISH KETTLE.  
 FLAN RINGS.  
 GRAPEFRUIT CORER.  
 ICE CREAM FREEZER (if no refrigerator).  
 LARDING NEEDLES.  
 MOULD, TURK'S HEAD  
 OYSTER KNIFE.  
 SACCHAROMETER.  
 SAUTÉ PAN.  
 SAVARIN MOULDS.  
 SCOTCH GIRDLE.  
 SPONGE FINGER or ÉCLAIR MOULDS.  
 SUR LE PLAT DISHES.  
 TIMBALE MOULD.  
 WAFFLE IRONS.

# Weights and Measures

## Liquid Measures

Breakfast cup	..	..	..	$\frac{1}{2}$ pint or 2 gills
Teacup	..	..	..	$\frac{1}{4}$ pint or 1 gill
Wine glass	..	..	..	$\frac{1}{2}$ gill
6 tablespoons	..	..	..	1 teacup or $\frac{1}{4}$ pint
4 teaspoons	..	..	..	1 tablespoon
4 gills	..	..	..	1 pint
2 pints	..	..	..	1 quart
4 quarts	..	..	..	1 gallon

## Solid Measures

Breakfast cup, heaped, moist sugar	..	..	$\frac{1}{2}$ lb.
Breakfast cup, level, castor sugar	..	..	$\frac{1}{4}$ lb.
Breakfast cup, level, rice	..	..	$\frac{1}{2}$ lb.
Breakfast cup, heaped, lard, butter or fat	..	..	$\frac{1}{2}$ lb.
Breakfast cup, heaped, chopped suet	..	..	$\frac{1}{4}$ lb.
Breakfast cup, level, stale breadcrumbs	..	..	$\frac{1}{4}$ lb.
Breakfast cup, heaped, sago, semolina tapioca	..	..	$\frac{1}{2}$ lb.
Breakfast cup, heaped, flour, cornflour	..	..	$\frac{1}{4}$ lb.
Breakfast cup, heaped, raisins, currants	..	..	$\frac{1}{2}$ lb.
Tablespoon, heaped, finely chopped suet	..	..	1 oz.
Tablespoon, heaped, flour	..	..	1 oz.
Tablespoon, heaped, moist sugar	..	..	1 oz.
Tablespoon, level, castor sugar	..	..	1 oz.
Tablespoon, heaped, coffee	..	..	$\frac{1}{2}$ oz.
Tablespoon, golden syrup	..	..	1 oz.
7 lumps of sugar	..	..	1 oz.
Average-sized egg	..	..	2 oz.

## Oven Temperatures

There is a very large number of different makes of stoves and ranges in use and each has its good and bad points and each its enthusiasts. It is, therefore, most satisfactory if the individual is able to make his own choice, although this has to be largely governed by the facilities for heating available and running expenses. The initial cost of the apparatus is of small consequence compared with the amount of heat units it uses and, as many are designed for the dual purpose of cooking and heating water, considerable thought should be given to this very important item of household expenditure.

Many modern stoves are fitted with thermometers or some automatic heat control, but once you know your oven, the experienced cook can generally gauge the temperature required. For those who possess these modern types of ovens, it is as well to

follow the charts and instructions supplied with them. For others, should they not be sufficiently experienced to gauge temperatures, it is advisable to purchase a portable oven thermometer. This should be put on a shelf in the centre of the oven and the heat regulated until the thermometer gives a steady reading at the required temperature.

The following general guide to temperatures is subject to a certain amount of latitude according to the size and density of the article to be cooked.

*Slow oven.*—250° to 350° F.

Meringues, egg dishes, rich fruit cakes, angel cake, sponge cakes, stews and stocks.

*Moderate oven.*—350° to 400° F.

Biscuits, plain cakes, bread, soufflés, braising and roasting after starting the roast in a very hot oven.

*Hot oven.*—400° to 450° F.

Small cakes, small loaves, choux pastry, baked fish.

*Very hot oven.*—450° to 500° F.

Pies, tarts, pastry, small rolls, scones, roasting (first temperature before reducing to moderate).

## Sauces

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# SAUCES

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## STOCKS FOR SAUCES AND ASPIC JELLIES

The making of good stocks as the foundation of sauces and jellies is of great importance, and it is not generally recognized that the contents of the ordinary stock-pot may not always be suitable for such purposes. The stock-pot may not, for instance, contain a sufficient quantity of gelatinous substances, such as bones, bacon rind, knuckle of veal or calf's feet, some of which should always be included in the stocks to be used for sauces and aspic jelly. Another disadvantage is that the stock-pot is often too large for its contents, i.e. in order to cover the meat, vegetables, etc. a large amount of water has to be used, which tends to make the stock weak and watery, and therefore unsuitable for the making of sauces and jellies. In an emergency, of course, stock for sauces can always be made by putting some of the liquid from the stock-pot in a smaller saucepan with a little lean beef, knuckle of veal and a few bones, and simmering this for  $2\frac{1}{2}$  to 3 hours, but on the whole it is more satisfactory to keep the two kinds of stock quite distinct. Although, at first sight, it may appear extravagant to make stock which is to be used only as a foundation for sauces, stews, etc., it must be borne in mind that the meat and vegetables can be utilized in various ways as minced meat, for rissoles, stuffings, etc. and that nothing need be wasted in the hands of a skilful and careful cook. It must also be remembered that the simplest and cheapest dishes can be made appetizing and tasty if served with a good sauce. Sauce-making and blending is therefore one of the most important branches in the art of cookery, but it can be easily mastered if certain rules are followed and if cooks will realize that, just as Rome was not built in a day, so certain sauces cannot be quickly prepared, particularly those which contain flour. In the same way as the roasting of coffee beans requires a certain amount of time and care, so the "roasting" or cooking of flour is not a process which can be hurried or rushed. In making a roux, or brown sauce (*Espagnole*, p. 50) for instance, if the flour is browned too quickly it will be coloured without being cooked, and will not have the fragrance or flavour of flour which has been gently simmered over a slow fire, thereby allowing it to be "cooked through."

There seems to be some confusion as to the meaning of the word "gravy" and that of "sauce." It would be interesting to know how and when the former lost its real significance and was erroneously applied to a *thickened* mixture which, strictly speaking, belongs to the category of "sauces."

GRAVY is the natural juice which comes from the meat while it is being cooked. It may be seasoned with salt and pepper, or even diluted with a little water, but *never thickened* as it then becomes a sauce.

*SAUCE is a liquid seasoning which is thickened in various ways described on page 48. Many sauces contain gravies, and in a concentrated form they are often used to enrich the flavour of sauces.*

### BROWN STOCK FOR SAUCES

*Ingredients:* 1½ lbs. lean beef, 1½ lbs. knuckle of veal, 1 lb. bones, 2 ozs. bacon rind (without fat), 1 large carrot, 1 large onion, 1 stick celery (or 1 teaspoon celery seed), 2 or 3 sprigs parsley, 1 small bayleaf, a little salt, water.

*Method:* Choose a deep but not too wide iron saucepan with a close-fitting lid—the saucepan should be just large enough to contain all the ingredients, closely packed. The bones should be chopped up into small pieces, about the size of a walnut, and the knuckle of veal should be cut into rounds, about 1 inch thick. Trim the meat carefully, removing any fat, and cut into small pieces. Place the bacon rind in the bottom of the saucepan, with the herbs, the sliced carrots and onions, then add the bones and finally the knuckle of veal and chopped meat. Now there are two modes of procedure—the first, in which the stock can be made in about 3 hours, the other—and better—which will take 4½ to 5 hours. In the first, the ingredients should be slightly browned and cooked in a little fat and carefully turned so that they are equally coloured. They are then covered with hot water, a little salt is added, and as soon as the fat begins to rise, it should be carefully removed with a perforated metal spoon. The saucepan is then covered and the contents allowed to simmer for 3 hours.

In the other and more lengthy process the meat is not browned. Cover the saucepan, and let the ingredients simmer very gently, without turning or touching them, for 20 minutes. Then add 1 cup hot water, and simmer till it has completely evaporated, and repeat once more. Now cover the contents of the saucepan with warm water, add a little salt, bring to the boil and skim very thoroughly. This is most important, as the stock should contain as little grease as possible. Put the lid on and simmer gently and steadily for 4½ to 5 hours. Then strain the liquor through a cloth into a basin, and let it stand in the kitchen till cool, when it can be put either in a refrigerator or in the larder. Let it get quite cold, when the grease will have risen to the surface and can be easily removed.

• *MEAT GLAZE* can be made by reducing this stock on a moderate fire, till it thickens almost to the consistency of a syrup. It can also be made by chopping up 1 lb. lean beef, a few bones, pouring the stock over them and, after skimming, reducing till the right consistency is obtained. While still hot, it should be

put into a jar—special jars are made for the purpose—well covered and kept in a dry place, and used as required.

### WHITE OR VEAL STOCK

This is made in the same way as the brown stock, but with veal and knuckle of veal only, and a few chicken bones or the carcass of a chicken. In this case, however, the ingredients should not be browned, and should instead be covered with *cold* water instead of warm water.

Although the foregoing recipes for stocks to be used in the making of sauces are the “classical” ones, when large quantities are required, as in the case of large hotels and restaurants, another method is often adopted. The stock is made from veal and beef bones alone, with the same flavouring, but without the meat. The bones and vegetables are browned, when brown stock is wanted, and simmered very gently for several hours, and the stock strained, as in the other recipe. But although and the stock strained, as in the previous recipe. But although more economical when several gallons are required, the other methods undoubtedly give the best results.

### BROWN VEAL STOCK

Slice 6 ozs. carrots and 4 ozs. onions and put in a thick saucepan with 1½ lbs. chopped knuckle of veal and 1½ lbs. veal bones (chopped as small as possible), and brown these in the oven, moistening with a few tablespoons of water, and when this has evaporated, repeating the same process twice. Then cover with 3 quarts water, bring to the boil, skim and simmer for 5 to 6 hours. Strain and let stand till cold, when the grease which has risen to the surface can be removed. Clarify with whites of egg (Aspic Jelly, p. 47), and use as required.

### PLAIN ASPIC JELLY

*Ingredients:* The quantities indicated here will make about 1 quart, or a little more, of aspic jelly: 1½ lbs. knuckle of veal, ¾ lbs. lean beef, 2 small calf’s feet, 1 lb. bones, a few chicken bones (if available), ½ carrot (sliced), 1 onion (sliced), small stick celery, sprig of thyme and 1 of parsley, ½ bayleaf, a little salt, about 2 quarts cold water or just sufficient to cover the contents of the saucepan.

*Method:* As in the other recipes, the meat and bones should be chopped in small pieces, the bones removed from the calf’s feet and added to the other bones, and the calf’s feet meat added to the other ingredients. If the jelly is wanted slightly coloured, proceed exactly as in the recipe for Brown stock (p. 45). Cover the saucepan and simmer for 20 minutes, adding a



cup of hot water, etc. and finally covering the meat with *hot* water. If an almost colourless aspic is required, cover the ingredients with *cold* water at once. In the case of this stock which, when cold, becomes a firm aspic jelly, the skimming process is of even greater importance than in the case of ordinary stocks, in spite of the fact that it will undergo the process of clarification. Simmer for 5 hours and strain through a cloth into a basin.

### TO CLARIFY THE JELLY

It is far better to wait till the stock is quite cold and set in a jelly, as the fat can more readily be removed when it has risen to the surface. Then warm the stock and with a piece of blotting paper carefully applied to the surface remove any grease which may still rise.

Now put the white of 1 or 2 eggs in a saucepan and beat lightly but not to a froth. Then add the egg shell, finely crushed, and a little seasoning—such as tarragon, chervil—a little white wine, not more than 2 or 3 tablespoons, and 3 or 4 peppercorns. Pour the warm stock over this, and mix thoroughly. Beat continuously with a wire whisk or wooden spoon, until gradually the stock has been brought to the boil. This must not be done too rapidly, as the white of egg is apt to catch and burn. In very warm weather, when the stock may not easily set, a little gelatine may be added to it at this stage, but in cool weather or where it can be kept in an ice chest or refrigerator, the use of gelatine is neither necessary nor to be recommended. Simmer very gently for about 15 to 20 minutes, when a thick scum will rise to the surface. Strain through a jelly-bag into a basin. For the small quantity given above, the easiest way of straining the jelly is to stretch a thin napkin or piece of linen wrung out in cold water, over a basin, and very carefully and gradually strain the liquid into it. Gather the four ends of the napkin and tie with a string and hang it over the basin to drain thoroughly, without squeezing it or pressing it in any way. If the liquid does not appear quite clear, it may be necessary to repeat this straining process once or twice. It is at this juncture that a flavouring of wine, etc., may be added, but not more than in the proportion of 3 or 4 tablespoons of liquid to 1 quart of the jelly, as it is apt to prevent it from setting firmly.

### CALF'S FOOT JELLY

Blanch 4 calf's feet (p. 28). Put them in a saucepan with 8 pints of water, bring to the boil and simmer for 5 to 6 hours, skimming carefully when the scum first rises. Strain through a cloth into a basin and let stand till cold, when any further grease which has risen to the surface can be removed. Clarify

with white of egg as in preceding recipe. Flavour to taste with sugar, orange or lemon juice, wine, etc.

If a savoury jelly is wanted, add the same vegetables, etc., as those used in the preceding recipe for Plain Aspic Jelly. A little wine, however, should always be added to Calf's Foot Jelly, as it is apt to be somewhat tasteless.

### CHICKEN ASPIC JELLY

The same as Plain Aspic Jelly (p. 46), but adding the carcass and bones of 1 or 2 large fowls and the giblets.

### GAME ASPIC JELLY

The same as preceding recipe, but using the carcasses, bones, and a little of the meat from various kinds of game. The bones, meat, etc., should be well browned in the oven before being boiled.

### FISH ASPIC JELLY

Put 1½ lbs. of such fish as whiting, gurnet, bream, etc., in a saucepan with 1½ lbs. fish bones and trimming, or heads, add 4 to 5 pints fish stock, bring to the boil and add 1 chopped onion and mixed herbs, and season with salt. Simmer for 1 hour, strain through a cloth and let stand till cold. Clarify in the same manner as other jellies, with whites of egg, but adding a little chopped uncooked fish.

### THICKENINGS OR "LIAISONS" FOR SAUCES

There are five ways of thickening or binding sauces now generally employed in cooking, the sixth, blood liaison, though formerly very popular in England, being rarely used in this country now except in the case of game and hare.

### ROUX OR BUTTER THICKENING OR LIAISON

There are three kinds of roux—brown roux, fawn or blonde roux, and white roux.

*Brown roux* (roux brun).—This, like the other roux, is made with equal quantities of flour and butter. Choose a small but thick saucepan and always cook your roux on a *very* slow fire. Put the butter in the saucepan and, when melted, but not yet hot, add the flour. Stir well with a wooden spoon. Let this cook extremely gently, stirring occasionally. It should gradually become a smooth paste and then turn slightly liquid. When it begins to turn a light nutty brown it is sufficiently cooked and should at once be removed from the fire.

*Blonde roux*.—Proceed exactly as above, but remove from the fire as soon as the roux has turned a blonde or fawn colour.

*White roux*.—Made as above, but cooked for 2 or 3 minutes only, till the butter and flour are blended.

Let the roux stand till it has cooled a little before adding the liquid with which it is to be diluted. This should be done gradually, stirring incessantly and, when quite smooth, replace the saucepan on the fire and stir till it begins to boil, or the mixture is apt to get lumpy.

### KNEADED BUTTER THICKENING OR LIAISON

This is used chiefly when a quick thickening is wanted, to be added at the last moment when the process of cooking is almost completed. Work the butter with the flour—a slightly less proportion of flour than of butter—into a perfectly smooth paste with a fork. Divide into small pieces and add to the boiling liquid, shaking the saucepan slightly, but remove almost at once from the fire as the liquid must not boil once the kneaded butter has been added to it.

### FARINACEOUS THICKENING OR LIAISON

Arrowroot, potato flour, cornflour, or rice flour can be used for this thickening. Put 1 teaspoon of the flour in a cup and add gradually 2 tablespoons of cold water, working until quite smooth with a small wooden spoon. Pour the whole of the contents of the cup into boiling liquid and stir vigorously for a few seconds only and remove at once from the fire.

### EGG THICKENING OR LIAISON

Mix the yolks of egg thoroughly in a basin with a little cold liquid—either milk, or cream stock, or any appropriate liquid. Remove from the fire whatever mixture is to be thickened, and gradually add 2 or 3 tablespoons of this to the eggs, mixing well. Then add the egg mixture gradually also, to the hot liquid, stirring well. Replace the saucepan on the fire, and do not stop stirring till again on the boil. It can then be allowed to simmer gently for a few minutes longer. The number of egg yolks will depend on the quantity and density of the mixture. Many people believe that an egg thickening will curdle if the mixture is allowed to boil after the eggs have been added. If the above instructions are carefully followed, this will not happen, and the egg liaison *should* boil, as otherwise the eggs will not be cooked. They only curdle when put directly into boiling liquid without the above precautions having been taken.

### BUTTER AND CREAM THICKENING OR LIAISON

Remove the saucepan from the fire and add butter and cream gradually in equal proportions, stirring well, so that they will

be thoroughly blended. Do not replace the saucepan on the fire, and serve at once.

### BLOOD LIAISON OR THICKENING

If the blood taken for a thickening is from a freshly killed animal, a little vinegar should be added to it at once, so as to prevent it from coagulating. If not from a freshly killed animal, it should be stirred with a fork to break up the clots, and sieved. The blood is then warmed gradually, and a few tablespoons of the sauce to which it is to be mixed are stirred into it. It is then added to the sauce, but with the saucepan off the fire, and then simmered for not more than 2 or 3 minutes.

### SAUCES

Sauces may be subdivided into the following groups:

1. Sauces of which the foundation is *stock*.
2. Sauces of which the foundation is *butter* (Hollandaise sauce is this type).
3. Sauces of which the foundations are *milk* or *cream* (Béchamel sauce is of this type).
4. Sauces of which the foundation is *vegetable stock* (chiefly used in vegetarian cookery).
5. Sauces of which *oil* is the foundation (mayonnaise is of this type).
6. Mixed sauces, which may be composed of two or three of the above.

### THE FOUNDATION SAUCES

Although, strictly speaking, there are four recognized foundation sauces, in order to avoid confusion I will only give the two most important ones, which all authorities on cookery agree in calling the "Adam and Eve" of sauces. The other two "grandes sauces," the Velouté and the Allemande, will be included among my recipes for sauces.

*Espagnole*, or *brown sauce* is the foundation "brown" sauce. *Béchamel* is the foundation "white" sauce.

### ESPAGNOLE OR BROWN SAUCE

As this sauce is used in the making of so many sauces, it is advisable to have a supply of it always available; it will keep for several days if put in a stone jar and stored in a cool place. The quantities given will make about 1 quart.

*Ingredients:* 1½ quarts brown stock for sauces (p. 45), 1 gill white wine, 3 tablespoons tomato purée (p. 506), 3½ ozs. lean bacon, 3½ ozs. carrots, 3½ ozs. onions, 1½ ozs. mushrooms or

mushroom peelings, 3 or 4 sprigs of parsley, a little thyme, 1 small bayleaf, 2 ozs. flour,  $3\frac{1}{2}$  ozs. butter.

*Method:* Cut the bacon, the vegetables and the mushrooms into small dice. Use a thick saucepan, which will just hold about 2 quarts. Put it on a slow fire and melt the butter and, as soon as the butter is just hot, put in the bacon, vegetables (not the mushrooms) and herbs, and cook very slowly till slightly browned. Do not cover the saucepan, and stir the vegetables and bacon occasionally with a wooden spoon, so that they will be equally browned. Now sprinkle in the flour, and mix thoroughly. Let this cook very gently till it becomes a brown roux (p. 48)—from 15 to 20 minutes. Then add, very gradually, the white wine and the brown stock, stirring continuously during the process. Keep 1 gill of the stock, which is to be used at a later stage in the making of the sauce. Bring what is left to the boil, add the tomato purée and mushrooms, and let simmer very gently for 1 hour, uncovered. Skim carefully as the grease rises to the surface.

Now strain the sauce carefully through a wire sieve into a clean saucepan, or into a basin, if another similar saucepan is not available, while the saucepan is being washed. Put the sauce back in the clean saucepan and put on a slow fire, bring to the boil and simmer. And now begins one of the most important processes in the making of a good brown sauce—patient and unceasing skimming—for it should be absolutely free from all grease, and it should be almost transparent. It should never, like so many badly-skimmed sauces, coagulate after it has been left on a dish or a plate for a few minutes. This skimming is greatly facilitated if the saucepan is slightly tilted, so that the heat is centred on one point only. This can be done by slipping a small shallow baking tin or plate under one side of the saucepan, and also, in the course of skimming, adding 1 or 2 table-spoons at a time of the gill of cold stock which has been kept for this purpose. The scum will continue to rise for about 30 minutes, and every particle of it must be removed as it rises. When it is entirely free from grease, strain once more and it is then ready for use. When kept for several days, it is advisable to boil it every day, especially in hot weather.

Another method of making this brown sauce, but which takes a little more time, is to brown the vegetables separately and to make a brown roux separately, and then add them to the stock. The simplest method, however, is the one I have indicated above.

### •ESPAGNOLE SAUCE WITH FISH STOCK

Same as preceding recipe but with fish stock.

## BÉCHAMEL SAUCE

The Marquis de Béchamel, the originator of the famous white sauce which bears his name, would find it difficult to recognize the modern versions and interpretations of it—and still more the recipes given in some cookery books. Béchamel's innovation consisted merely in adding cream to the Velouté soup (p. 160), which has veal stock as a foundation.

*Ingredients:* For the *Mirepoix*—1½ ozs. onions, 1½ ozs. carrots, 1½ ozs. uncooked ham or gammon, or 2½ ozs. veal, and 1 oz. butter.

For the White *roux*—1½ ozs. butter and the same quantity flour, 1½ pints veal stock or milk, a herb bouquet (p. 29), salt, pepper and a little grated nutmeg.

*Method:* Chop the carrots and onions, and cut the ham or veal in small dice. Put them in a saucepan with 1 oz. butter, and simmer for 10 to 15 minutes, but without browning. Make a White *roux* (p. 49) with the butter and flour, and stir in the boiling stock or milk gradually. Drain the vegetables and meat thoroughly and add to the sauce, with the herb bouquet, and a seasoning of salt, pepper and nutmeg. Do not cover the saucepan. Bring to the boil, and simmer very gently for 45 minutes to 1 hour. When done, strain through a wire sieve into a small saucepan, stir in a small piece of butter, and use as required. The ham or veal may be omitted, the sauce being then called a *Béchamel maigre*.

Another and quicker method of making the sauce is to put the chopped vegetables, the meat or ham, the herb bouquet and the seasoning in the boiling stock or milk, and let them infuse for 10 minutes. Strain through a sieve, and add gradually to the White *roux*, as indicated in the preceding recipe. Simmer for 15 to 20 minutes.

## AIOLI

Allow 2 cloves of garlic for each person, 1 yolk of egg to every 2 people, salad oil, a few drops of lemon juice, and a pinch of salt. Peel the cloves of garlic, and pound in a mortar, add the yolks of egg and mix thoroughly. Add a few drops of water, and add sufficient oil very gradually, stirring continually with a wooden spoon, till the consistency of very thick mayonnaise. Finally add the lemon juice and salt. This sauce is very good with cod.

## ALBERT SAUCE

Grate 2 ozs. horseradish and simmer for 20 minutes in 8 tablespoons veal stock. Then add just over 1 gill of Butter sauce (p. 56), and a few tablespoons of cream, 1 tablespoon of white bread-

crumbs. Stir and reduce the sauce on a quick fire. Rub through a sieve, replace in a saucepan, and add the yolks of 2 eggs. Just before serving, stir in 1 teaspoon of mustard, mixed with a little vinegar. This sauce is often served with braised beef.

### ALLEMANDE SAUCE

*Ingredients:* 1½ pints white or veal stock (p. 110), 1½ ozs. butter, 1 oz. flour, 2 ozs. mushrooms or mushroom peelings, a few sprigs of parsley, the yolks of 4 eggs, salt, pepper and a little grated nutmeg (optional).

*Method:* A thick saucepan should be used for making this sauce. Make a Blonde roux (p. 48) with 1½ ozs. butter, and 1 of flour, and gradually stir in the veal stock. Add the chopped mushrooms, the parsley, and season with salt and pepper. Simmer gently for 1 hour, skimming very carefully, as in making Brown sauce (p. 50). Strain through a wire sieve, and replace in the saucepan, which should have been well rinsed. Mix the yolks of 4 eggs in a basin and moisten gradually with a few tablespoons of the hot liquid (Egg Thickening, p. 49), then add them to the sauce, bring to the boil on a quick fire and stir until the sauce is reduced to ½ pint. Strain once more through a wire sieve and add the rest of the butter. It is then ready for use.

### ANCHOVY SAUCE (1)

*Ingredients:* 1 pint Béchamel sauce (p. 52), 2 ozs. Anchovy Butter (p. 74).

*Method:* Add the anchovy butter to the hot Béchamel and stir till melted.

### ANCHOVY SAUCE (2)

*Ingredients:* 12 boned anchovies, 3 ozs. butter, a dash of cayenne pepper.

*Method:* Pound the anchovies to a smooth paste in a mortar and add them to the melted butter. Add a little cayenne pepper, stir well and cook for 5 or 10 minutes.

### APPLE SAUCE

*Ingredients:* 2 lbs. apples, 1½ tablespoons butter, 5 tablespoons castor sugar, 1 tablespoon water.

*Method:* Peel, core and slice the apples and put them in a thick saucepan with the other ingredients. Simmer very gently for 1½ to 2 hours, stirring frequently, till the apples are browned and reduced to a pulp. If too thick, a little more butter can be added.

## AURORA SAUCE.

*Ingredients:*  $\frac{3}{4}$  pints Velouté sauce (p. 72) and 1 gill Tomato purée (p. 506),  $1\frac{1}{2}$  ozs. butter.

*Method:* Stir the tomato purée into the hot Velouté sauce and simmer till reduced to  $\frac{1}{2}$  pint. Remove from the fire, add the butter in small pieces, and stir till it melts.

## BÉARNAISE SAUCE

*Ingredients:* 4 tablespoons tarragon vinegar, 4 tablespoons dry white wine, 1 teaspoon chopped tarragon, 1 of chervil, 1 of chopped shallots or onion, the yolks of 3 eggs,  $3\frac{1}{2}$  ozs. butter, salt and pepper.

*Method:* Put the tarragon, chervil and shallot in a small saucepan with the vinegar and wine, salt and pepper, and simmer very gently till reduced to 3 tablespoons. Remove from the fire and allow to cool. Then mix in the yolks of egg and place on a very slow fire—in the case of a gas fire the use of a boiling mat is advisable, or even that of a double saucepan, as this sauce must *not* boil, nor even allowed to get very hot. Stir continuously, and when the eggs begin to thicken slightly, add the butter gradually in very small pieces, and stir continuously till all the butter is used up. An egg or sauce whisk is useful for stirring or “whipping” this sauce. When done, it should be of the consistency of very thick mayonnaise, and should be served lukewarm or cold, but never hot, with grilled meat or fish.

## BERCY SAUCE (1)

Cook 1 heaped tablespoon of chopped shallots in butter till tender, but without browning. Add 1 gill of white wine, and 1 of fish stock. Stir and reduce on a brisk fire by one-third. Then add  $\frac{1}{2}$  pint Velouté sauce (p. 72), boil for a few minutes, remove the saucepan from the fire, add a small piece of butter and a teaspoon of chopped parsley. This sauce is served with fish.

## BERCY SAUCE (2)

Cook 1 tablespoon of shallots in butter, as in preceding recipe, add 1 gill of white wine, and reduce the sauce on a brisk fire. Then add a little liquid meat glaze, or good stock, and stir in a few small pieces of butter. Before serving, add a few very small pieces of beef marrow and a little chopped parsley. This sauce is served with grilled meats.

## BLACK BUTTER SAUCE (Beurre noir)

*Ingredients:* 3 ozs. butter, 2 teaspoons wine vinegar, salt and pepper.

*Method:* Put the butter either in a small saucepan or frying.



pan, and cook on a quick fire till it turns a dark, chestnut brown. Season with the vinegar and salt and pepper. It makes an excellent sauce to pour over fish, eggs and certain vegetables.

### BIGARRADE OR BITTER ORANGE SAUCE

(usually served with duck)

*Ingredients:*  $\frac{1}{2}$  pint Espagnole or Brown sauce (p. 50), the juice of 1 small Seville orange, the rind of  $\frac{1}{2}$  orange, a small glass of port wine (optional).

*Method:* Add the juice of the orange to the Espagole sauce, bring to the boil and simmer for about 10 minutes, adding the orange rind, finely shredded, and the wine.

### BORDELAISE SAUCE

*Ingredients:*  $\frac{3}{4}$  pints Espagnole or Brown sauce (p. 50),  $1\frac{1}{2}$  ozs. finely-chopped shallots (or onion), 1 gill claret, a little thyme, a small bayleaf, 2 tablespoons beef marrow (optional), 1 oz. butter.

*Method:* Put the chopped shallots and herbs in a small saucepan with the claret and simmer till reduced by half. Add to the hot Espagnole sauce, mixing well and, finally, small pieces of marrow, previously poached for 10 minutes in a little water. When the saucepan is taken off the fire, add the butter, also divided into small pieces.

### BOURGUIGNONNE SAUCE

Put  $1\frac{1}{2}$  pints red wine in a saucepan with 2 chopped shallots, 2 or 3 sprigs of parsley, 1 sprig of thyme,  $\frac{1}{2}$  bayleaf, and a little less than 1 oz. chopped mushroom peelings. Bring to the boil, and simmer till reduced by half. Sieve through a piece of muslin, replace in a saucepan, stir in  $2\frac{1}{2}$  ozs. butter worked with about 1 oz. flour, season with a little cayenne pepper and, just before serving, add another 1 oz. butter, divided in small pieces. Stir till it melts and serve.

### BREAD SAUCE

*Ingredients:* 4 ozs. bread, 1 small onion, 1 clove, 2 ozs. butter, 1 pint milk, 2 tablespoons cream, salt and pepper.

*Method:* Put the onion, stuck with a clove, into a saucepan with the milk. Bring to the boil and add the bread, previously soaked in milk, and beaten into a paste. Mix well and simmer for 20 minutes, adding the seasoning. Remove the sauce from the fire, and add the butter, divided in small pieces, and the cream.

### BROWN BUTTER

(*Beurre Noisette*)

Put the quantity of butter required in a small saucepan on

a slow fire, and simmer till it turns a light brown—the colour of a hazel nut, as its French name indicates, “noisette” being a hazel nut. It must be carefully watched during the process of cooking, as it is apt to turn to a darker colour if cooked for a second or two longer. It then becomes “Beurre Noir” or Black Butter.

### BUTTER SAUCE (1)

(*Sauce Bâtarde*)

Put 2 ozs. butter in a saucepan and, when melted, work in 2 ozs. flour. When quite smooth, add  $\frac{3}{4}$  pints boiling water, slightly salted. Beat with an egg whisk over a slow fire, add the yolks of 4 eggs, previously mixed with  $1\frac{1}{2}$  tablespoons of cream, and a squeeze of lemon juice. Pour through a hair sieve or a coarse metal one, and whisk in 4 to 6 ozs. butter, divided in small pieces. This sauce is served with boiled fish, asparagus, etc.

### BUTTER SAUCE (2)

This sauce is thicker than the preceding one. Work  $2\frac{1}{2}$  ozs. butter and  $2\frac{1}{2}$  ozs. flour, as in preceding recipe, and add just over  $\frac{1}{2}$  pint boiling water, with a little salt. Stir, and add 4 ozs. butter and a little lemon juice. Do not add any yolks of egg. Simmer till the consistency of thick cream and serve.

### CAMBRIDGE SAUCE

Pound the yolks of 3 or 4 hard-boiled eggs in a mortar with 4 fillets of anchovies (in oil), and 1 tablespoon of capers. Put in a basin with a little chopped parsley, tarragon and chervil, 1 dessertspoon French mustard, and season with salt and pepper. Then add gradually 2 or 3 tablespoons olive oil, stirring continuously, as in making mayonnaise and, finally, add 1 tablespoon of tarragon vinegar.

### CAPER SAUCE

*Ingredients:* 1 pint Béchamel sauce (p. 52) or plain White sauce (p. 73) or Cream sauce (p. 59),  $2\frac{1}{2}$  heaped tablespoons of capers.

*Method:* Add the capers to any of the above sauces, mix well and cook for 5 minutes.

### CELERY SAUCE

*Ingredients:* The white part of a head of celery, Cream sauce (p. 59).

*Method:* Mince the celery, and cook in boiling salted water till tender. Add to a Cream sauce and simmer for 10 minutes.

**CHEESE SAUCE**

*Ingredients:* 1 pint plain White sauce (p. 73), 2 ozs. mixed grated Parmesan and Gruyère cheese, 1 oz. butter, 2 tablespoons cream (optional).

*Method:* Add the cream and grated cheese to the White sauce, stir well and cook till the cheese has melted and the sauce is quite creamy. Remove from the fire and add the butter, divided in small pieces.

**CHANTILLY SAUCE (cold)**

To  $\frac{3}{4}$  pints of very stiff mayonnaise (p. 64), in the making of which lemon juice has been used instead of vinegar, mix in, just before serving, 4 tablespoons of whipped cream. This is especially served with cold asparagus.

**CHARCUTIÈRE SAUCE**

This sauce, which is served with grilled meats, and particularly with grilled pork, consists of a Robert sauce (p. 70) to which shredded gherkins are added—the proportions being about  $1\frac{1}{2}$  ozs. gherkins to every  $\frac{1}{2}$  pint of sauce.

**CHASSEUR SAUCE**

Put  $\frac{1}{2}$  oz. butter in a saucepan and, when melted, add the same quantity of flour. Stir till brown, and add gradually just under  $\frac{1}{2}$  pint hot stock. Stir in  $1\frac{1}{2}$  tablespoons of very thick tomato purée or sauce (p. 71), season with a little salt and pepper, and simmer for 10 to 12 minutes, without covering the saucepan. Meanwhile chop 4 medium-sized mushrooms, and cook them in a little oil till lightly browned. Add 2 chopped shallots and cook together for 2 or 3 minutes. Drain off the oil, and add 6 tablespoons white wine and let reduce by half. Now pour the prepared sauce over the chopped mushrooms, stir well, and simmer for 6 or 7 minutes more. Just before serving add 1 teaspoon each of tarragon and chervil, and a small lump of butter. When the sauce has been poured over the meat, sprinkle with a little chopped parsley.

**CHAUD-FROID SAUCE (Brown)**

This sauce is used to cover or glaze certain meats, etc. To make just under 1 quart of Chaud-froid, put  $\frac{3}{4}$  pints Demi-glaze sauce (p. 60) in a saucepan, flavour with a little essence of truffles, or with chopped truffle peelings, and reduce over a quick fire, adding gradually just over  $\frac{1}{2}$  pint dissolved aspic jelly (p. 46). Reduce by about one-third. The sauce should be of a somewhat thick consistency, and should drop slowly from the spoon—it should in fact, have the appearance of a bright varnish. Add 2 or 3 tablespoons of port or Madeira, remove the sauce-

pan from the fire, strain through a cloth, and stir till sufficiently cool to use.

### CHAUD-FROID SAUCE (for duck or game)

This is made in the same manner as that in the preceding recipe, but the essence of truffles is replaced by 6 tablespoons duck or game "fumet" or essence.

### CHAUD-FROID SAUCE (White)

Put  $\frac{3}{4}$  pints Velouté sauce (p. 72) in a thick saucepan, place on a quick fire, and stir in gradually  $\frac{1}{2}$  pint aspic jelly (p. 46) and 3 or 4 tablespoons cream. Reduce by one-third. Remove from the fire, add 4 or 5 more tablespoons cream and stir till sufficiently cold to be used.

### CHESTNUT SAUCE

*Ingredients:*  $1\frac{1}{2}$  lbs. chestnuts,  $\frac{3}{4}$  pints stock for sauces (p. 44) or good ordinary stock, 1 small stick of celery, 1 oz. butter, 1 lump of sugar.

*Method:* Made a slit in the chestnuts, put them in a saucepan of cold water and bring them to the boil. Let them boil for exactly 1 minute, then remove from the fire and, while still very hot, shell and skin them. Put them in a thick saucepan with the shredded celery, the sugar and the stock. Bring to the boil and simmer very gently till they are soft enough to be rubbed through a sieve. This will take at least  $1\frac{1}{2}$  hours. After they have been rubbed through a sieve, replace in a saucepan and thin with a little hot stock. The sauce should be of the consistency of very thick cream. When about to serve, add the butter, divided in small pieces.

### CHEVREUIL SAUCE

Make  $\frac{3}{4}$  pints Poivrade sauce (p. 68) using the carcass and trimmings of game, finely chopped. Rub through a sieve, replace in the saucepan, and skim carefully, adding gradually 6 tablespoons of red wine. Season with a pinch of sugar, a little cayenne pepper, and strain through a coarse sieve. This is served with game.

### CHUTNEY SAUCE

Add 1 heaped tablespoon of finely-chopped mango chutney to a Chevreuil sauce (above) in place of the red currant jelly.

### COLBERT SAUCE

Make a Maître d'Hôtel butter (p. 75) and add to it, when melted, 1 tablespoon melted meat glaze (p. 45) and 1 teaspoon chopped tarragon.

## CRANBERRY SAUCE

Put 1 lb. well-washed cranberries in an enamel saucepan in 1 pint of boiling water, and simmer for 20 minutes, crushing the berries with a spoon. Remove the saucepan from the fire and stir in  $\frac{1}{2}$  lb. sugar. Replace the saucepan on the fire and again simmer for 15 minutes. Pour the sauce into a basin, without straining, and stand in a cool place for at least 12 hours before using. This is a popular American sauce, served with roast turkey, fowl, etc.

## CREAM SAUCE (1)

Add 6 tablespoons of cream to  $\frac{3}{4}$  pints Béchamel sauce (p. 52) and stir over a quick fire till reduced to  $\frac{1}{2}$  pint. Strain through a coarse sieve and, over a slow fire, stir in 4 tablespoons thick cream, then add 2 teaspoons lemon juice. This sauce is served with boiled fish, and with chicken. It is also used for certain vegetables, and with eggs.

## CREAM SAUCE (2)

Melt  $\frac{1}{4}$  lb. butter in a small thick saucepan over a slow fire, and when melted, but not very hot, add  $\frac{1}{2}$  pint of cream. Season with salt and pepper, and stir continuously with a wooden spoon for 8 to 10 minutes, without letting the sauce boil.

## CUMBERLAND SAUCE

Melt 4 tablespoons red currant jelly, mix with 6 tablespoons port, 1 heaped teaspoon finely-chopped shallots, previously blanched, and well drained, 1 tablespoon shredded orange rind and lemon rind, the juice of 1 orange, 1 small teaspoon made mustard, a dash of cayenne, a pinch of mixed spices, or ginger. Mix all thoroughly and serve cold with game, venison, etc.

## CURRY SAUCE (1)

Fry 2 or 3 sliced onions in butter to a golden colour, and add  $\frac{1}{2}$  lb. quartered tomatoes. Simmer gently till the tomatoes are reduced to a pulp. Sprinkle with 2 heaped teaspoons curry powder, and 1 level teaspoon salt. Mix thoroughly and simmer for another 5 minutes. Then add  $\frac{1}{2}$  pint stock or water, bring to the boil and again simmer for 20 minutes, adding a little more stock or water, if the sauce appears too thick. If meat, fish, or eggs are to be cooked in this sauce, it should not be strained. But if it is served separately in a sauceboat, it should be strained. If too thick, it should be thinned with stock or water.

## CURRY SAUCE (2)

*Ingredients:* 1 onion, 2 small tomatoes, 2 ozs. butter, 1 table-

spoon curry powder, 1 tablespoon brown sugar (optional), salt, about  $\frac{1}{2}$  pint of either milk or brown stock for sauces.

*Method:* Chop up all the vegetables, and brown them slowly in butter. When thoroughly browned, add the curry powder and brown sugar and simmer gently for 30 minutes. Then add the milk or stock and stir well. Season with salt. According to the use it is put to, this sauce can either be strained or served as it is.

### DEMI-GLACE SAUCE

This consists of a very carefully made Espagnole sauce (p. 50), thoroughly skimmed, and slightly reduced, with the addition of a little meat glaze. When the saucepan is removed from the fire, a little appropriate wine is mixed with the sauce. The wine to be used, according to the purpose to which the sauce is being put, will be indicated in each recipe in which Demi-glaze sauce is mentioned.

### DEVILLED SAUCE

Put 6 tablespoons vinegar in a small saucepan with 1 heaped teaspoon finely-chopped shallots, and cook till reduced by half. Add  $\frac{1}{2}$  pint Espagnole sauce (p. 50) and 2 tablespoons tomato pulp (p. 72). Stir and simmer for another 10 minutes. Add 1 teaspoon of either Harvey or Worcester sauce, season with a good dash of cayenne, and strain. This is usually served with grilled meat, or chicken.

### SAUCE À LA DIABLE

Put 1 teaspoon finely-chopped shallots in a small saucepan with 6 tablespoons tarragon vinegar, 3 of dry white wine, and reduce by half. Add  $\frac{1}{2}$  pint good stock,  $\frac{1}{2}$  oz. butter worked with  $\frac{1}{2}$  oz. flour, and stir well. Season with 1 teaspoon made mustard, salt, and a dash of cayenne pepper. Simmer for 10 minutes. Remove from the fire, and mix in  $\frac{1}{2}$  teaspoon finely-chopped tarragon and  $\frac{1}{2}$  teaspoon finely-chopped chervil or parsley, and serve.

### DUXELLES SAUCE

Put 2 tablespoons oil and 1 teaspoon butter in a small thick saucepan. When hot, add 1 dessertspoon chopped onion and 1 of chopped shallots, and cook to a light golden colour, but without browning. Now add 3 ozs. finely-chopped mushrooms, season with salt, pepper and a little nutmeg. Stir for 5 to 8 minutes, add 6 tablespoons white wine, 1 pint good stock, 1 tablespoon tomato purée (p. 506) and thicken with  $\frac{1}{2}$  oz. butter worked with the same quantity of flour. Stir, and then simmer gently for 15 to 20 minutes. Just before serving, add

1 oz. butter, divided in small pieces, and 1 teaspoon chopped parsley.

### EGG SAUCE

*Ingredients:* 1 pint Béchamel sauce (p. 52), the yolk of 1 egg, 2 hard-boiled eggs, the juice  $\frac{1}{2}$  lemon, a pinch of nutmeg.

*Method:* Add the yolk of 1 egg to the Béchamel sauce (Egg Thickening, p. 49), stir well, and just before serving, add 2 hard-boiled eggs, coarsely chopped, and the lemon juice.

### FENNEL SAUCE

*Ingredients:*  $\frac{1}{2}$  pint Béchamel sauce (p. 52), 1 or 2 teaspoons chopped fennel.

*Method:* Add the fennel to the Béchamel a few minutes before serving. Stir well, but do not allow to boil, as this is apt to destroy the flavour of the herb.

### FINES HERBES SAUCE

Add  $1\frac{1}{2}$  ozs. Shallot Butter (p. 76), and 1 heaped tablespoon parsley, tarragon and chervil mixed and finely chopped, to  $\frac{1}{2}$  pint White Wine sauce (p. 73).

### GENÉVOISE OR GENOISE SAUCE

This is a simplified version of a somewhat complicated sauce, to which the heads of 2 or 3 salmon are added by chefs in restaurants. Good strong fish stock makes an excellent substitute. Take 1 medium-sized carrot, 1 small onion, both cut in dice, and brown lightly in a little butter with a few sprigs of parsley, thyme and 1 bayleaf. Drain off the butter, and add  $\frac{1}{2}$  pint red wine, and reduce by a third. Then add just over 1 gill Espagnole sauce (p. 50), made with fish stock, season with salt and a few peppercorns, and simmer gently for 45 minutes. Strain the sauce, skim thoroughly, and replace in the saucepan. Add 1 gill red wine, 1 gill fish stock, and cook on a brisk fire till slightly reduced. Before serving, add 1 teaspoon essence of anchovy, and 2 ozs. butter, divided in small pieces, stirring till the butter has melted. This sauce is served with fish.

### GLOUCESTER SAUCE

Add to  $\frac{1}{2}$  pint very thick Mayonnaise (p. 64), 6 tablespoons sour cream, mixed with 1 teaspoon lemon juice. Stir in gradually 1 tablespoon Harvey sauce, and a good pinch of chopped fennel. This sauce is used with cold meat.

### GOOSEBERRY SAUCE

Put 1 lb. gooseberries in a saucepan with  $3\frac{1}{2}$  ozs. sugar, and

6 tablespoons water. Bring to the boil, crushing the gooseberries with a wooden spoon, and simmer till the gooseberries are reduced to a pulp. Rub through a sieve, replace in a saucepan to warm up, and serve with roast pork or goose, or with mackerel.

### GRAND VENEUR SAUCE (for venison)

This consists of a thin Poivrade sauce (p. 68) to which 1 tablespoon gooseberry jelly, and 6 of cream are added to every  $\frac{1}{2}$  pint of sauce. Stir over a slow fire.

### GRAVY

Either use brown stock for sauce (p. 45) or brown a few bones and trimmings from the meat in a little fat, in the oven. Remove the bones and meat and put them in a saucepan, diluting the sediment in the pan with a little boiling water and adding to contents of saucepan. Cover with hot water, season with salt and pepper, bring to the boil and skim carefully. Simmer for  $2\frac{1}{2}$  to 3 hours. Strain through a cloth before using. A little flour is sometimes added to thicken gravy.

### HOLLANDAISE SAUCE

*Ingredients:* The yolks of 3 eggs, 6 ozs. butter, 3 tablespoons vinegar, 2 tablespoons water, the juice of  $\frac{1}{2}$  lemon, salt and pepper.

*Method:* The making of this sauce is beset with pitfalls, especially when undertaken by amateurs. The chief difficulty is to prevent the eggs from curdling and, in order to avoid this, the sauce should always be made in a double saucepan (Double Saucepan Cooking, p. 90), and the water must be hot but *never boiling*. Put the vinegar, water, salt and pepper in a small thick saucepan and let them reduce till there is only 1 tablespoon of the liquid left. Set aside till almost cold. Then add the yolks of egg (without a particle of white) and 1 oz. only of butter. Mix all thoroughly with a *wooden* spoon and place in the double saucepan of hot water. Stir incessantly with the spoon or the sauce whisk till the mixture begins to thicken slightly. Have the remainder of the butter divided into small pieces, the size of a nut, and add gradually, occasionally adding a teaspoon of cold water to the sauce so that it should cook more slowly. Never stop stirring and, when all the butter has been used up, remove the small saucepan from the one containing the hot water, and add the lemon juice. It should be of the consistency of thin mayonnaise. Should the eggs and butter become "separated" at any time during the making of this sauce, remove the saucepan from the hot water and immediately add a tablespoon of cold water and beat till quite smooth. Or, if it curdles, pour the sauce in a basin, put another yolk of egg in the saucepan



(which should be cold) and gradually add the sauce, beating well, till it is once more smooth and of the right consistency. Replace the saucepan in the hot water and continue beating for a few minutes.

### HORSERADISH SAUCE

*Ingredients:* 2 ozs. finely-grated horseradish, 1 tablespoon wine vinegar, 4 or 5 tablespoons cream,  $\frac{1}{2}$  teaspoon mustard powder, salt, a dash of cayenne, 1 teaspoon sugar (optional).

*Method:* Put all the ingredients except the cream in a basin, and mix thoroughly. Add the cream gradually.

### IVOIRE SAUCE

Add  $1\frac{1}{2}$  tablespoons meat glaze made from white stock (p. 46) to  $\frac{1}{2}$  pint Suprême sauce (p. 71). This is usually served with boiled fowl.

### MADEIRA SAUCE

Make  $\frac{1}{2}$  pint Espagnole sauce (p. 50), remove the saucepan from the fire, stir in 6 tablespoons of good Madeira, and serve at once. If the wine is added to the sauce while it is still simmering, it is apt to lose its flavour.

### MARINIÈRE SAUCE

This is generally used with mussels. Add to a Bercy sauce (p. 54) 2 or 3 tablespoons of the water in which the mussels were cooked, and stir in the yolks of 3 eggs.

### MATELOTE SAUCE (Brown)

Put  $\frac{1}{2}$  pint Fish Court-Bouillon, using red wine (p. 168) in a saucepan, with a little less than 1 oz. finely-chopped mushroom peeling. Cook on a somewhat brisk fire till reduced by two-thirds. Then add  $1\frac{1}{4}$  pints Espagnole sauce (p. 50) made with fish stock, bring to the boil, strain, and replace the sauce in a saucepan. Over a very slow fire, stir in 4 ozs. butter, divided in small pieces, and season with a little cayenne.

### MATELOTE SAUCE (White)

This is done in the same manner as in the preceding recipe, but with a White Wine Fish Court-Bouillon (p. 168) and the same quantity of mushroom peelings, to which is added  $1\frac{1}{4}$  pints fish Velouté sauce (p. 72). This is used with a garnish of 24 pickling onions, cooked in butter, and of the same number of button mushrooms, cooked "au blanc" (p. 28).

## SAUCE MATILDE (For cold meats)

Mix the pulp of  $\frac{1}{2}$  lb. tomatoes, with 1 teaspoon parsley, 1 heaped teaspoon finely-chopped onion, 1 tablespoon fine brown breadcrumbs, 6 tablespoons oil, 3 tablespoons vinegar, salt and pepper. Serve in a sauceboat.

## MAYONNAISE

The real and classical Mayonnaise sauce consists of no ingredients other than the yolk of egg, salad oil, vinegar or lemon juice and salt and pepper. Although mustard is occasionally added to it, this, strictly speaking, should be used only for some of the other sauces which have mayonnaise as a foundation.

The making of mayonnaise presents little difficulty, and takes little time, if a few simple rules are followed. The ingredients should be kept in a moderate temperature, neither too cold nor too hot, and the basin in which the mayonnaise is to be made should be rinsed in hot water before use, and thoroughly dried. The proportion of oil to 1 yolk of egg should be just over 1 gill, but this, of course, varies according to the size of the egg. If there is more oil than the egg can absorb, the sauce will become "runny." This is one of the first and foremost reasons why mayonnaise made by the amateur is so often a failure, the other two chief reasons being that the oil is not added drop by drop in starting the sauce, and that finally too much vinegar is used, and the mayonnaise curdles and becomes liquid.

The following proportions will make an average-sized sauceboat of mayonnaise.

*Ingredients:* The yolks of 3 large eggs, free from white, rather more than  $\frac{1}{2}$  pint olive oil, 1 level tablespoon wine vinegar (if malt vinegar is used the quantity should be halved, as it is too strong), 1 level teaspoon salt, and  $\frac{1}{2}$  of pepper.

*Method:* Put the yolks of egg into a basin, add the salt, pepper, and 1 teaspoon vinegar. Mix all thoroughly before adding the oil. Always use either a wire egg whisk or a wooden spoon. The ordinary egg beater, with a handle, should not be used. Pour in the oil drop by drop, at first, stirring slowly and continuously, and when the mixture has thickened, add another teaspoon vinegar. At this stage the oil can be added in larger quantities, either 1 tablespoon at a time, or in a steady, thin stream from the bottle, and the stirring should be quicker. Continue till all the oil has been used, adding a little vinegar occasionally. When finished, the mayonnaise should be thick enough to adhere to the whisk or spoon.

Should it curdle or become runny, put the yolk of an egg in another, and slightly warm, basin, and add gradually the curdled mayonnaise, stirring with a wooden spoon.

## MINT SAUCE

Pick the leaves from the stalks, and wash and dry. Chop the mint finely and mix 3 tablespoons with  $1\frac{1}{2}$  of castor sugar, and 3 of wine vinegar. If preferred thinner, add a little more vinegar.

## MORNAY SAUCE

To every pint of Béchamel sauce (p. 52) add just under 1 oz. each of finely-grated Gruyère and Parmesan cheese. Stir over a slow fire till the cheese has melted and, before serving, add 1 oz. butter, divided in small pieces. When served with fish, 3 or 4 tablespoons fish stock are added to the sauce, which is slightly reduced before the cheese is put in.

## MOUSSELINE SAUCE

*Ingredients:* Hollandaise sauce, 4 tablespoons cream.

*Method:* Make the same quantity of Hollandaise sauce as indicated on p. 62, and to this add, at the last moment, the cream, stiffly whipped, and mix well.

## MUSHROOM SAUCE

*Ingredients:* 1 pint of either Espagnole sauce or Madeira sauce (p. 63),  $\frac{1}{4}$  lb. mushrooms, butter.

*Method:* Peel and wash the mushrooms, chop the stalks, and chop the mushrooms coarsely. Cook them, till lightly browned, in a little butter, then drain well of all butter and let them simmer in the sauce for 10 to 15 minutes.

## MUSHROOM SAUCE (White)

*Ingredients:* 1 pint Allemande sauce (p. 53),  $\frac{1}{4}$  lb. button mushrooms.

*Method:* The very small button mushrooms should be used for this. As they are not easily obtainable in England, the bottled ones can be used. Drain off all liquid and simmer for 20 minutes in the Allemande sauce. Béchamel sauce can be used instead.

## MUSTARD SAUCE (1)

*Ingredients:* 1 pint of either Béchamel or Hollandaise sauce (p. 62), 3 or 4 teaspoons made mustard.

*Method:* Remove the sauce from the fire and mix in the mustard, blending thoroughly. Serve at once.

## MUSTARD SAUCE (2)

*Ingredients:*  $\frac{1}{4}$  lb. butter, 2 teaspoons or more of made mustard, the yolk of 1 egg, salt and a dash of cayenne.

*Method:* Melt the butter in a small, thick saucepan, then add

the yolk of egg (*Egg Liaison*, p. 49). Season and cook slowly, stirring constantly. Season with the salt and pepper, cook for another 5 minutes, remove from the fire and mix in the mustard.

### MUSSEL SAUCE

*Ingredients:* 2 or 3 dozen cooked mussels, according to the quantity of sauce required, and either *Béchamel*, *Hollandaise* or *Allemande* sauce (pp. 52, 62), a little lemon juice.

*Method:* Add the cooked mussels (for cooking mussels, p. 220) to one of the above sauces, to which a little of the water in which they were cooked has been added. Simmer gently for about 10 minutes, and flavour with a little lemon juice.

### NEWBURG SAUCE

This sauce is practically always used for *Lobster à la Newburg*. The cooked sliced lobster is "sauté" in butter, but without browning, seasoned with salt and cayenne, and covered with *Madeira*. Simmer till the *Madeira* is reduced to a mere tablespoon or two and, before serving, add just over 1 gill cream, mixed with the yolks of 3 eggs. Remove from the fire, and stir till the wine and cream are well blended.

### SAUCE NORMANDE (for fish)

Put 1 pint *Velouté* sauce (p. 72) in a saucepan and add  $\frac{1}{2}$  pint strong fish stock. Stir in the yolks of 3 eggs, 1 gill cream and a little lemon juice. Reduce by a third on a quick fire. Rub through a sieve, and stir in 2 ozs. butter and 4 tablespoons cream.

### SAUCE NORMANDE (for meat and vegetables)

Melt 1 oz. butter in a saucepan and lightly brown 1 finely-chopped onion. Then add 2 ozs. butter and work to a smooth paste with 1 oz. flour. Add gradually  $\frac{1}{2}$  pint white wine or cider, season with salt, pepper and a little nutmeg and, just before serving whip in 6 tablespoons cream. Finally, add 1 or 2 teaspoons lemon juice.

### OYSTER SAUCE (1)

*Ingredients:* The number of oysters required, the liquor from the oysters, *Hollandaise* or *Allemande* sauce (pp. 62, 53), a little lemon juice, salt and pepper.

*Method:* Open the oysters carefully, and save their liquor. Put it in a small saucepan with the oysters, bring to the boil and remove immediately from the fire. Let the oysters stand till they are just warm. Have ready a *Hollandaise* or *Allemande* sauce, season it with a little lemon juice, salt and pepper, and

simmer for a few minutes. Then add the oysters, which should be bearded. Stir well, and cook, without allowing to boil long enough for the oysters to be warmed.

### OYSTER SAUCE (2)

*Ingredients:* 1½ dozen oysters, 1 oz. butter, 1 oz. flour, the oyster liquor, sufficient milk to make a little over ½ pint sauce, salt and pepper.

*Method:* Cook the oysters, as in the above recipe and save the liquor. Make a blond roux (p. 48) with the flour and butter, and add gradually the oyster liquor and warm milk. Season with salt and pepper and simmer gently, stirring continuously till the sauce shows signs of thickening. Remove from the fire, add the oysters and a small pat of butter. Put back on the fire to warm, but do not let the sauce boil.

### PARSLEY SAUCE (1)

*Ingredients:* 1 pint Béchamel sauce, or Cream sauce (pp. 52, 58), 1 heaped tablespoon finely-chopped parsley, 1 teaspoon lemon juice.

*Method:* Add the parsley and lemon juice to the Béchamel or Cream sauce and simmer for a few minutes, so that the sauce will be well flavoured with the parsley.

### PARSLEY SAUCE (2)

This is often served with boiled fowls, veal, etc.

Melt 1 oz. butter in a saucepan and make a white roux (p. 49) with the same quantity of flour. Add gradually ½ pint of the hot liquid in which the fowl or meat was boiled, and 1 gill boiling milk. Stir and simmer for a few minutes till the sauce begins to thicken. Season with salt and pepper and, before serving, add 1 tablespoon finely-chopped parsley.

### PARSLEY SAUCE (3)

This is made in the same manner as the preceding recipe, but without milk. Add ½ pint fish stock instead of chicken or meat stock. This is served with boiled fish.

### PERIGUEUX SAUCE

Add 1½ ozs. finely-chopped truffles to 1 pint Demi-glace or Espagnole sauce (pp. 60, 50).

### PIQUANTE SAUCE

Put 1 gill white wine and 1 gill wine vinegar in a saucepan, with 1 tablespoon finely-chopped shallots, and cook till reduced by half. Then add ½ pint Espagnole sauce (p. 50) and simmer

for 10 minutes. Remove from the fire, add 1 tablespoon chopped gherkins, and a little chopped parsley, chervil and tarragon. Chopped capers are sometimes added to this sauce.

### POIVRADE SAUCE (pepper sauce)

*Ingredients:* 1 small onion, 1 small carrot, 1 teaspoon chopped shallot, a sprig of parsley, a sprig of thyme, 1 small bayleaf, 1 tablespoon oil, 1 gill wine vinegar,  $\frac{1}{2}$  pint stock, 1 oz. butter and 1 oz. flour for the roux, 2 or 3 tablespoons white wine (optional), salt and peppercorns.

*Method:* Cut the vegetables into dice, and cook them till a light brown in a tablespoon of oil, with the seasoning. Then drain off the oil, add the vinegar and wine, and simmer very gently till reduced by half. When thus reduced add to the hot stock, which has been thickened with the roux of butter and flour (p. 48), and simmer gently for about 45 minutes. Skim carefully and, 5 minutes before straining the sauce, add 10 or 12 freshly and coarsely-ground peppercorns. Strain through a cloth, and before serving add a small pat of butter.

### PORT WINE SAUCE

*Ingredients:* A gill of gravy from venison, game or duck, 1 tablespoon red currant jelly, 1 wine glass of port.

*Method:* Put a gill of the juice or gravy, which has escaped from the meat while it is being cooked, into a small saucepan with the other ingredients. Warm up thoroughly without letting it boil, and serve at once. It may be necessary, to obtain sufficient of this gravy, to wait till the venison or bird is being carved, when more juice will ooze from it.

### PORTUGAISE SAUCE

Cook  $\frac{1}{2}$  a medium-sized onion finely chopped in a little oil to a light golden colour, but without browning. Then add  $\frac{3}{4}$  lbs. peeled and chopped tomatoes,  $\frac{1}{2}$  a clove of garlic, and season with salt, pepper and a little sugar. Cover the saucepan, and simmer gently for 30 minutes or a little longer, stirring occasionally. Add 1 pint of somewhat thin Tomato sauce (p. 71) and 2 tablespoons of melted meat glaze (p. 45). Stir well, simmer for a few minutes longer and, before serving, add 1 heaped teaspoon finely-chopped parsley.

### POULETTE SAUCE

*Ingredients:* 1 pint Allemande sauce (p. 53), 2 or 3 medium-sized mushrooms, a little butter, 1 tablespoon lemon juice.

*Method:* Wash, peel and quarter the mushrooms. Cook in a little butter, having seasoned them with salt and pepper and a

dash of lemon juice. Cook till tender without browning, and add to the hot Allemande sauce. Pour in the tablespoon of lemon juice, stir well and pour over whatever dish it is intended for. Poulette sauce should never be served separately, and ingredients are usually actually cooked in the sauce.

### PROVENÇALE SAUCE (1)

Peel and chop 12 large and ripe tomatoes. Put them in a saucepan with just over 1 gill of hot olive oil, with 1 clove of garlic, well crushed with a knife, and 1 teaspoon finely-chopped parsley. Season with salt, pepper and a little sugar. Cover the saucepan and simmer very gently for about 30 minutes, stirring occasionally.

### PROVENÇALE SAUCE (2)

Peel and chop 2 or 3 ozs. mushrooms, and cook in a little oil. When done, add to the same sauce as in preceding recipe, and thin down with a little Tomato sauce (p. 71).

### RAVIGOTE SAUCE (hot)

*Ingredients:*  $\frac{3}{4}$  pint Velouté sauce (p. 72), 4 tablespoons wine vinegar, 4 of white wine, 1 oz. finely-chopped shallots,  $\frac{1}{2}$  teaspoon tarragon and chervil, a small piece of butter.

*Method:* Put the finely-chopped shallots in a small saucepan with the wine and vinegar and reduce by half. Add the Velouté sauce to the reduced wine and vinegar, and simmer for 3 or 4 minutes. Just before serving add the chopped tarragon and chervil and a small piece of butter.

### RAVIGOTE SAUCE (cold)

*Ingredients:* 4 tablespoons oil, 2 of wine vinegar, 1 level tablespoon capers, 1 teaspoonful each of chopped onion, tarragon chervil, and parsley, salt and pepper.

*Method:* Mix all the ingredients thoroughly in a basin, and serve in a sauceboat.

### REFORM SAUCE

*Ingredients:*  $\frac{1}{2}$  pint Poivrade sauce (p. 68), 3 or 4 tablespoons stock, 1 teaspoon red currant jelly, 2 teaspoons each of strips of gherkins, hard-boiled white of egg, mushrooms (cooked), cooked tongue, and truffles, all cut in strips.

*Method:* To the hot Poivrade sauce, add 3 or 4 tablespoons stock, the red currant jelly and, just before serving, add the other ingredients. This sauce is always poured over the dish and not served separately.

## RÉMOULADE SAUCE

*Ingredients:*  $\frac{1}{2}$  pint Mayonnaise sauce (p. 64), 1 teaspoon mustard powder, 2 teaspoons capers, 2 of chopped gherkins, 1 teaspoon chopped tarragon and chervil, 1 teaspoon finely-chopped shallots and 2 boned anchovies, finely chopped, or a few drops of essence of anchovy.

*Method:* Make a mayonnaise sauce, adding the mustard powder at the same time as the salt and pepper. When it is quite stiff, add all the other ingredients, finely chopped.

## ROBERT SAUCE

*Ingredients:* 1 large onion,  $\frac{1}{2}$  pint Espagnole sauce (p. 50), 4 tablespoons white wine, butter, 1 teaspoon mustard, salt, pepper, and a pinch of sugar.

*Method:* Cut the onions evenly into small squares, and cook in a little butter till slightly browned. Reduce the wine to about half the original quantity. Mix the Espagnole sauce with the onions and wine and simmer gently for about 20 minutes. Season with the salt, pepper and sugar. Just before serving, make the mustard with a little of the sauce and stir it in at the last moment, as mustard should never be boiled. Serve very hot. This is a very good sauce to serve with boiled beef.

## SHRIMP SAUCE

*Ingredients:*  $\frac{1}{2}$  lb. shrimps, 1 pint Béchamel sauce (p. 52), 2 tablespoons cream, 1 tablespoon Shrimp Butter (p. 76), a dash of cayenne, a few drops of lemon juice (optional).

*Method:* Add the cream to the Béchamel sauce and stir over a moderate fire for 10 minutes. Remove from the fire and add the shrimp butter, cut in small pieces. Replace on the fire, add the shelled shrimps, cayenne pepper and lemon juice. Stir for a few minutes and serve very hot.

## SHRIMP SAUCE (a simplified version)

*Ingredients:*  $\frac{1}{2}$  pint shrimps,  $\frac{1}{2}$  pint Béchamel sauce (p. 52), 1 teaspoon lemon juice.

*Method:* Add the shrimps to the Béchamel sauce, season with the lemon juice, stir for a few minutes over a moderate fire and serve hot.

## SOUBISE SAUCE (onion sauce)

Peel 1 lb. onions and chop them very finely. Blanch in boiling-salted water for 10 minutes, drain thoroughly, and simmer in a little butter till very tender, but without browning. Then add 1 pint Béchamel sauce (p. 52), season with salt, pepper and a pinch of sugar, and simmer very gently for about 30 minutes.



Rub through a sieve, replace the sauce in a saucepan, put on a slow fire and, when hot, stir in 2 ozs. butter, divided in small pieces, and 4 tablespoons cream. The sauce should be creamy and very white.

### SOUBISE SAUCE WITH TOMATOES

Make a Soubise sauce as in preceding recipe and add to it one-third of the quantity in Tomato sauce (below).

### SUPRÊME SAUCE

*Ingredients:*  $\frac{1}{2}$  pint Velouté sauce (p. 72), 4 tablespoons veal and chicken broth, 1 tablespoon cream, 1 oz. of butter, little mushroom essence.

*Method:* Add the veal and chicken stock, and the mushroom essence, to the velouté, and simmer till slightly reduced. Then add the cream and the butter gradually, on a slow fire, and stir continuously. When quite smooth and creamy, serve very hot.

There are many different methods of making Suprême sauce, but this is one of the simplest.

### TARTARE SAUCE

There are two ways of making Tartare sauce, one which is exactly the same as the recipe of Rémoulade sauce (p. 70), but without the addition of anchovies or anchovy essence. The other is made with the yolks of hard-boiled eggs as a foundation, instead of raw eggs. The first is by far the simpler, as that made with the hard-boiled yolks is more apt to curdle, especially when made by an amateur. The flavourings are the same in both.

### TOMATO SAUCE (1)

*Ingredients:* 1 small onion, 1 lb. tomatoes, sprig of thyme, parsley,  $\frac{1}{2}$  small bayleaf, 1 tablespoon salad oil, or  $\frac{1}{2}$  tablespoon butter, salt and pepper.

*Method:* Slice the onion, and cook it till soft, but without browning, in the hot oil or butter. Add the tomatoes, either sliced or quartered, the herbs and salt and pepper. Stir well with a wooden spoon, crushing the tomatoes, so as to extract the juice. Simmer very gently for an hour, or till the tomatoes are reduced to a pulp. Rub through a hair sieve, warm up and the sauce is then ready for use.

### TOMATO SAUCE (2)

*Ingredients:*  $1\frac{1}{2}$  lbs. tomatoes, 1 oz. chopped onion, 1 oz. chopped carrot,  $1\frac{1}{2}$  ozs. butter,  $\frac{1}{2}$  oz. flour, 1 gill of white wine, or good stock, a few sprigs of parsley, 1 teaspoonful sugar, salt and pepper.

*Method:* Put the butter in a thick saucepan and, when hot, add the onion and the carrot. Cook till slightly brown. Then sprinkle with the flour, mix thoroughly and cook slowly to a Blonde roux (p. 48). Then add the tomatoes, sliced or cut in quarters, the wine or stock and the seasoning. Simmer very gently for 1½ hours, and rub through a sieve.

### TOMATO SAUCE (3)

Although the time required for the making of this sauce is much longer than that given in the previous recipes, the actual process is simpler, as all the ingredients are put in at the same time and left to simmer, being stirred occasionally only. The result is certainly excellent.

*Ingredients:* 2 lbs. tomatoes, 1 small onion, 2 tablespoons salad oil, few sprigs of parsley, 1 heaped teaspoon flour, 2 lumps sugar, salt and pepper.

*Method:* Put the sliced or quartered tomatoes in a large thick saucepan with the other ingredients, and cover closely. Simmer very gently for 4 hours, stirring occasionally with a wooden spoon. Then rub the purée through a sieve, put it back in the saucepan, which should be well rinsed, and stir in the flour. Bring to the boil and it is then ready for use.

### TOMATO JUICE OR PULP

This tomato juice or pulp is very useful in a household where a flavouring of tomatoes is liked. It can be used as a basis for tomato soup, for various sauces, for stews, and in various macaroni and paste dishes. It consists merely in cooking the tomatoes very slowly, as in the above recipes, till they are reduced to a pulp—but with no other ingredients or liquid. When thus reduced, they are rubbed through a sieve. This will keep for several days in a cool place.

### VELOUTÉ SAUCE

*Ingredients:* 1 pint white or veal stock (p. 46), 1 oz. butter, just under 1 oz. flour, 2 tablespoons mushroom liquor, or 1 oz. mushroom peelings and stalks, 2 or 3 sprigs of parsley, salt and pepper.

*Method:* In a thick saucepan, make a Blonde roux (p. 48) with the butter and flour. Add the stock gradually, whipping incessantly with a wire whisk, bring to the boil and skim carefully. Add the mushroom liquor, or mushroom stalks and peelings, the parsley and seasoning. Simmer gently for 1 hour, removing every particle of grease, and pour through a wire sieve. It is then ready for use.

This is one of the "foundation" sauces.

**VELOUTE SAUCE (with fish stock)**

This is made in the same manner as the sauce in the preceding recipe, but using fish stock instead of veal stock. It should be simmered for 20 minutes only, strained through a wire sieve, and stirred till cold. It can then be warmed up when required.

**SAUCE VERTE**

To every  $\frac{3}{4}$  pint of stiff Mayonnaise (p. 64) add the following: Blanch 1 oz. spinach leaves, the same quantity of parsley, watercress, tarragon and chervil, in boiling salted water for 5 minutes. Remove from the water, and drain by squeezing in a cloth. Then pound in a mortar and rub through a sieve. Stir into the mayonnaise. This sauce is usually served with cold fish or shellfish.

**VIN BLANC SAUCE***White Wine Sauce*

This is usually made with fish stock which contains white wine. To  $\frac{3}{4}$  pints of Fish Velouté (above), add a little fish essence, stir in the yolks of 2 eggs, and add 3 ozs. butter, divided in small pieces, stirring continually, as in making a Hollandaise sauce (p. 62).

**WATERCRESS SAUCE**

This can be made in several ways. Add 1 level tablespoon finely-chopped watercress to  $\frac{3}{4}$  pint of either Béchamel, Velouté or Hollandaise sauce (pp. 52, 72, 62).

**WHITE SAUCE (English)**

There are various recipes for making White sauce, the most usual one being the following: Make a White roux (p. 49) with a 1 oz. flour and 1 of butter, and add gradually just over  $\frac{1}{2}$  pint of either boiling water or milk, stirring till it thickens. Season with salt and pepper and simmer for 10 minutes.

**WHITE SAUCE FOR FISH**

This is a Velouté sauce (above) made with fish stock and 1 or 2 tablespoons white wine, instead of white veal stock. It can be garnished in various ways—with chopped mushrooms, with capers, etc.

**WOW WOW SAUCE (Old English, 1823)**

This excellent recipe of a sauce to be served with boiled beef comes from a cookery book of the beginning of the last century. It deserves to be revived. I give it in the author's words:

"Chop some parsley leaves very finely, quarter 2 or 3 pickled cucumbers or walnuts, and divide them into small squares, and set them by ready; put into a saucepan a bit of Butter as big as an egg, when it is melted stir to it a table-

spoonful of fine Flour, and about half a pint of the Broth in which the Beef was boiled; add a tablespoon of vinegar, the like quantity of Mushroom Catsup, or Port Wine, or both, and a teaspoonful of made Mustard; let it simmer together till it is as thick as you wish it, put in the Parsley and Pickles to get warm, and pour it over the Beef—or rather send it up in a Sauce-tureen.”

### Compound Butters

There is a great variety of compound butters, but I will only give some of the more common ones, which are better suited to domestic cookery.

#### ANCHOVY BUTTER

*Ingredients:* 2 ozs. butter, 1 oz. anchovies (in brine) or 1½ teaspoons Essence of Anchovy, pinch of pepper.

*Method:* Wash the anchovies thoroughly in cold water, drain and dry them in a cloth. Remove the bones very carefully, and pound the anchovies into a smooth paste in a mortar. Add the butter and pound and mix with the anchovies. Rub through a sieve into a basin and stir with a wooden spoon. Sardine butter can be made in the same way.

#### CURRY BUTTER

*Ingredients:* 4 ozs. butter, 1 heaped teaspoon curry powder (or according to taste), 1 teaspoon Mango chutney, pinch of salt.

*Method:* Pound the chutney in a mortar, add the curry powder, the salt and the butter. Work into a smooth paste and rub through a hair sieve.

#### DEVILLED BUTTER

*Ingredients:* 4 ozs. butter, dash of Worcester sauce, 1 teaspoon cayenne pepper, ½ teaspoon salt, ½ teaspoon mustard powder. The quantities given here may be varied according to taste.

*Method:* Put all the ingredients in a basin, work to a smooth paste and rub through a sieve.

#### GREEN BUTTER

Green butter is made by pounding uncooked, but well-washed and picked, spinach in a mortar. This purée is well squeezed in a cloth, so as to extract the water, and is then slightly warmed so as to become a little more solidified. It is then added to double its weight in butter, and worked as in above recipes.

#### HORSERADISH BUTTER

*Ingredients:* 4 ozs. butter, 2 teaspoons or more grated horse-radish (according to taste), 1 teaspoon lemon juice, little salt.

*Method:* Wash and scrape the horseradish, pound in a mortar, add the seasoning and the butter, work into a smooth paste and rub through a sieve.

### BEURRE DE LAITANCE

*Ingredients:* Cooked soft roe, double the quantity of butter, mustard. Proceed as in the other recipes, seasoning with a little made mustard and rubbing through a sieve.

### LOBSTER BUTTER

*Ingredients:*  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  lb. lobster shell.

*Method:* Pound the lobster shell and butter to a smooth paste in a mortar, and put it into a small saucepan. Stir over a very slow fire, until the butter has melted and is like red oil. Stretch a piece of strong cloth over a basin of very cold water, and pour the lobster butter onto it, gather up the ends, and wring firmly so that the butter drops into the basin of cold water. It will at once become solidified and can remain in the cold water till ready for use. Another method is to pound the spawn and coral with butter and proceed as in other recipes.

### MAÎTRE D'HÔTEL BUTTER

*Ingredients:* Butter, chopped parsley, salt, pepper, lemon juice.

Proceed as in other recipes for compound butter pounded in a mortar. Allow about 1 small teaspoon finely-chopped parsley to every 2 ozs. butter.

### MIXED HERB BUTTER (Beurre aux Fines Herbes)

*Ingredients:* Butter, tarragon, chervil, chives, thyme, marjoram, rosemary, salt and pepper. Allow 1 teaspoon mixed herbs, finely chopped to each 2 ozs. butter. Proceed as in other recipes.

### MONTPELLIER BUTTER

Blanch  $\frac{1}{2}$  oz. each of watercress, parsley, chervil, tarragon, chives, and 2 or 3 spinach leaves in boiling water for 3 or 4 minutes. Drain thoroughly and squeeze in a cloth to extract the water. Pound in a mortar with  $\frac{1}{2}$  teaspoon chopped shallots, then add  $\frac{1}{2}$  chopped gherkin,  $\frac{1}{2}$  teaspoon capers, 1 chopped anchovy, the yolk of a hard-boiled egg, and finally add  $\frac{1}{2}$  lb. butter, and the yolk of a raw egg. When reduced to a smooth paste, moisten with a few drops oil, and rub the whole through a sieve. Season with a little salt and cayenne, and make into pats.

### MUSTARD BUTTER

*Ingredients:* Butter, made mustard, salt.

Allow 1 teaspoon made mustard to every 2 ozs. butter. Proceed

as other recipes. Various kinds of mustard butters can be made with different kinds of French mustard—Moutarde aux Fines Herbes, à l'Estragon, Ravigote, etc. As French mustard is not very hot, 2 teaspoons can be added to 2 ozs. butter. No salt is required, as these mustards are already seasoned.

### PAPRIKA BUTTER

*Ingredients:* 2 ozs. butter to 1 teaspoon paprika (paprika pepper is a very mild Hungarian red pepper).

Work to a smooth paste, as in other recipes.

### PRAWN OR SHRIMP BUTTER

*Ingredients:* Butter, prawn or shrimp shells.

Proceed as in recipe for Lobster Butter (p. 75). Shrimp butter is done in the same manner. Another way of making prawn or shrimp butter is to use the actual prawns or shrimps, pounding them in a mortar, etc.

### SMOKED SALMON BUTTER

*Ingredients:* Butter, smoked salmon.

Proceed as in other recipes, allowing 1 oz. salmon to 2 of butter.

### SHALLOT BUTTER

*Ingredients:* Butter, chopped shallots. Proceed as in other recipes, using shallots according to taste.

### TARRAGON BUTTER

Blanch 3 ozs. tarragon leaves in boiling water for 3 minutes, drain and dry thoroughly in a cloth. Pound in a mortar, and add  $\frac{1}{2}$  lb. butter. When both are well mixed and pounded to a smooth paste, rub through a sieve, and make into pats.

### TOMATO BUTTER

*Ingredients:* Butter and an equal weight of tomatoes, salt and pepper.

*Method:* Peel the tomatoes, squeeze in a cloth so as to extract as much moisture as possible, pound in a mortar with the butter, and add a seasoning of salt and pepper.

### TUNNY FISH BUTTER

*Ingredients:* Butter, tunny fish in oil. Allow 1 oz. tunny to every 2 of butter.

*Method:* Pound the tunny fish and butter in a mortar, and rub through a sieve.

**WATERCRESS BUTTER**

*Ingredients:* 2 ozs. butter to 1 of finely-chopped watercress, salt and pepper.

*Method:* As in preceding recipe.

Compound butters should always be kept on ice or in a very cold place. In hot weather they should be kept in the manner indicated on p. 27 (How to Keep Butter Fresh).

*Various Preparations*

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**BREAD PANADA FOR STUFFINGS**

When bread is used for stuffings, it should be prepared in the following manner: break the bread in small pieces, put it in a soup plate, or pie-dish, and pour a little boiling milk over it. Sprinkle with a little salt and let it stand for about 45 minutes. Then work it into a paste, and put it in a saucepan on a quick fire and stir with a wooden spoon until the paste no longer clings to the spoon. Remove from the saucepan and allow to cool. It is then ready for use.

**FLOUR PANADA**

Put  $\frac{1}{2}$  pint of water in a small saucepan, with 1 oz. of butter, a good pinch of salt, and bring to the boil. Remove from the fire and add  $\frac{1}{4}$  lb. of flour, stirring well with a wooden spoon. Put the saucepan back on a quick fire, and stir until the paste becomes detached from the sides of the saucepan and is only slightly moist. Put it on a buttered plate and let it get cold.

**RICE PANADA**

This can be used, instead of the two preceding panadas, for forcemeat and stuffings. Put  $\frac{1}{4}$  lb. of rice in a saucepan with

just over  $\frac{1}{2}$  pint of veal stock, and a little under 1 oz. of butter. Bring to the boil and simmer in the oven, without touching the rice, for 45 minutes. Remove from the oven, and work with a spoon in order to crush the rice. Stand till cold, and use as required.

### STUFFING WITH PANADA AND BUTTER

To every lb. of meat, allow  $\frac{1}{2}$  lb. of flour panada (p. 77), 4 ozs. of butter, salt and pepper, and 2 or 3 eggs to bind. Chop the meat, and pound in a mortar. Pound the panada and mix with the meat and butter, seasoning with salt and pepper. Finally add the eggs and rub the whole through a sieve. This can be used for stuffings, quenelles, etc.

### STUFFING WITH PANADA AND CREAM

To every lb. of meat, allow 6 ozs. of bread or flour panada (p. 77), the whites of 2 or 3 eggs, and  $\frac{1}{2}$  pint of cream. Pound the meat in a mortar and add gradually the whites of egg. Then add the panada, mix and pound both thoroughly, season with salt and pepper and let stand in a cold place for 1 hour. Then beat in the cream, lightly whipped, very gradually till the whole becomes a very smooth and light mixture.

### GODIVEAU STUFFING OR QUENELLES

For about 30 godiveau quenelles allow  $\frac{1}{4}$  lb. of fillet of veal, 6 ozs. of beef kidney fat, which should be quite dry, 2 eggs, 6 tablespoons of milk,  $\frac{1}{2}$  oz. of butter, 1 oz. of flour, salt and pepper. Godiveau forcemeat should be prepared several hours before it is wanted, or even the day before, as it is then easier to handle. Remove the skin and any fibres from the kidney fat, and break it up into small pieces. Cut the veal in small pieces, put it through the mincer and pound in a mortar, seasoning with salt and pepper. Remove from the mortar and pound the kidney fat. Have ready a paste made with the milk and butter, both brought to the boil, removed from the fire, and mixed with the flour. This panada is then replaced on the fire and stirred till it thickens. Let stand till cold, and pound in a mortar. Then put all these ingredients back in the mortar together, and pound again, adding the eggs. When the mixture is quite smooth, rub through a sieve, and put it in a dish, spreading it in a thin layer. Cover with buttered paper and stand in a cool place till quite cold and firm. Shape into small balls, about the size of a golf ball, and either poach in boiling stock or water, or else put on buttered paper in a moderate oven for 10 minutes.



## STUFFING OR FORCEMEAT (1)

Chop the veal, which should be lean, and pound in a mortar, adding  $\frac{1}{2}$  the quantity of bread panada (p. 77). Season with salt and pepper, add 2 ozs. of butter, 1 or 2 eggs to bind, and a few tablespoons of cold Béchamel sauce (p. 52). Rub through a sieve and work with a spoon till quite smooth.

## VEAL FORCEMEAT (2)

Chop  $\frac{1}{2}$  lb. of lean veal, put through the mincer, and pound in a mortar with  $\frac{1}{4}$  lb. of finely chopped suet, and 2 ozs. of fat bacon. Season with 1 teaspoon of finely chopped onion, salt and pepper, and mix with 2 tablespoons of breadcrumbs, and 2 eggs to bind.

## STUFFING FOR PIES, ETC.

Use equal parts of lean veal, fat bacon and calves' liver, half the quantity of butter, and season to taste with chopped shallots or onion, mixed herbs, allspice, salt and pepper. Bind with the number of yolks of egg required and a little Espagnole sauce or other thick sauce (p. 50). The ingredients, finely chopped, should be well browned in butter, pounded in a mortar and finally rubbed through a sieve.

## STUFFING FOR GAME PIES

Chop equal quantities of fat bacon, rabbit and either game or chicken livers. Cook each separately in butter, seasoning with salt, pepper, a little chopped shallot or onion, mushroom peelings and mixed herbs. When done drain thoroughly. Pound in a mortar, add a little cold Espagnole or other sauce (p. 50), bind with yolks of egg. Add a little Madeira and rub the whole through a sieve. The mixture can be used for making game quenelles.

## PORK STUFFING (Plain)

Chop equal parts of lean and fat pork, season with salt, pepper and mixed spices, pound in a mortar, bind with eggs, and rub through a sieve.

## VEAL AND PORK STUFFING OR FORCEMEAT

To  $\frac{1}{2}$  lb. lean veal and the same of lean pork, allow 1 lb. fat pork or bacon. Chop finely, pound in a mortar, season with salt and pepper, bind with eggs and rub through a sieve.

## SAUSAGE FORCEMEAT

See page 358, Skinless Sausages.

## FISH QUENELLES

See Fish Forcemeat for Stuffings and Quenelles (p. 182).

### HOW TO SALT BEEF, TONGUE, ETC.

There are two methods of salting: dry salting, which consists of a mixture of coarse salt and saltpetre, and salting in liquid brine. The latter is the quicker and more satisfactory and can be used for beef, tongues, hams, or any large joints of meat. For salting a piece of meat weighing  $3\frac{1}{2}$  lbs., or a tongue of the same weight, the following proportions of brine should be used: Two quarts water,  $\frac{3}{4}$  lbs. of bay salt,  $2\frac{1}{4}$  ozs. saltpetre, 4 to 5 ozs. brown moist sugar, 5 or 6 peppercorns, 5 juniper berries, 2 or 3 sprigs parsley,  $\frac{1}{2}$  bayleaf.

Put all the ingredients in a large saucepan, bring to the boil gradually and skim. Boil for 5 minutes. Remove from the fire and stand till quite cold. Prick the meat all over with a skewer, somewhat deeply, so that the brine may penetrate it—in the case of very large joints a special implement is used to pump the brine into the meat—then rub it over thoroughly with bay salt and a little saltpetre, in the proportion of about 3 ozs. of bay salt to 1 of saltpetre for the above mentioned weight. Put the meat in an earthenware vessel in which it just fits. Cover with the brine, and keep in a cool, dry place. Turn the meat every 2 or 3 days, using wooden spoons, and not the hands, as this is apt to alter the brine. A piece of meat weighing  $3\frac{1}{2}$  lbs. should be left in soak for 8 to 9 days in winter and about 6 in summer. A tongue takes from 12 to 15 days when the weather is mild, 15 to 18 days in cold weather, and 8 to 10 days in hot weather. The brine should be boiled for 2 or 3 minutes every 8 days in mild or cold weather, or every 4 or 5 days in hot weather. This is done by pouring the brine into a saucepan, without disturbing the meat, and bringing it to the boil. When quite cold, it is poured over the meat. Should there not be sufficient brine to cover the meat completely, more should be made, in the same proportions, and added when cold.

For dry salting, allow about  $1\frac{1}{2}$  lbs. of bay salt to  $2\frac{1}{2}$  ozs. of saltpetre for  $3\frac{1}{2}$  lbs. of meat. Mix the pulverized saltpetre with the salt, 10 peppercorns, 2 sprigs of thyme and a bayleaf. Prick the meat all over with a skewer and rub thoroughly with the salt mixture. Sprinkle a dish freely with the salt and saltpetre, lay the meat on it, sprinkle freely with more salt and saltpetre, the peppercorns, thyme and bayleaf, and keep in a cool and very dry place, turning every 2 days with wooden spoons. The time required for salting is the same as that with the liquid brine. More salt and saltpetre may be added, as the meat should always be well covered.

### HOW TO MAKE A "BLANC"

The object of cooking "au blanc" is to keep whatever meat, etc., is prepared in this manner perfectly white. The coating of

fat which rises to the surface prevents all contact with the air, and thus the meat retains its whiteness. The proportions for a "blanc" are as follows: To every 2 quarts of water allow  $1\frac{1}{2}$  ozs. flour, 3 tablespoons vinegar, 3 ozs. kidney fat, 1 onion stuck with a clove, a bouquet of mixed herbs, salt.

Put the flour in a saucepan, add the water gradually, then the vinegar and salt, and stir continually till the water comes to the boil so that the flour is thoroughly mixed with the water, and free from lumps. Now add the meat, the onion, the herb bouquet, and the fat, very finely chopped. Cover with a lid, leaving it slightly tilted, so that the steam may escape, and simmer very gently till the meat is tender.

When cooking vegetables in this way, lemon juice is often used instead of vinegar.

### MIREPOIX

In terms of cookery a *Mirepoix* signifies a foundation preparation of vegetables, herbs, etc., for brown soups or sauces or for meat, poultry, etc. It was invented by the chef of the Maréchal de Mirepoix—hence the name. It consists of onions, carrots, parsley, thyme, bayleaf, and uncooked ham or gammon, browned in butter or fat. The vegetables and ham are cut in very small dice. The proportions of the *Mirepoix* are given in the recipes where this is used.

### DUXELLES

In terms of cookery *Duxelles* is a preparation used for stuffing, for certain *au gratin* dishes, etc., made with mushrooms, onions and shallots, the proportions being 1 tablespoon chopped onion, 1 of chopped shallots to every 6 ozs. chopped mushrooms or mushroom peelings. Cook the finely chopped onion and shallots in 1 oz. butter and the same amount of oil, but without browning. When a light golden colour, add the finely chopped mushrooms or mushroom peelings, season with salt and pepper, and cook till the mushrooms are done. Use as required.

### THE DIFFERENT KINDS OF "GRATINS"

It is a common mistake to think that the term *au gratin* invariably implies a mixture of grated cheese and breadcrumbs.

There are three different kinds of *gratins*—(1) that in which uncooked ingredients are cooked, such as fish, meat, etc. In this method, the fish, etc., is put in a well-buttered fireproof dish, on a layer of Duxelles sauce (p. 60), surrounded with sliced uncooked mushrooms, garnished with a few cooked mushrooms, moistened with a glass of white wine, and the whole covered with Duxelles sauce, sprinkled with breadcrumbs. Finally a little melted butter is poured over the dish. It is then put in the oven and, when done, the surface should be lightly browned. The time

required will be given in the recipes, as it varies according to the ingredients used. When done, sprinkle with chopped parsley and a little lemon juice. (2) The quick *gratin* is made in the same manner but with cooked and previously warmed fish, meat, vegetables, etc. In this case, the dish is put in a brisk oven, and taken out as soon as the surface has browned. (3) This "light" *gratin* is used especially for such things as cooked macaroni, spaghetti, nouilles, gnocchis, etc. It consists merely of a sprinkling of grated cheese, breadcrumbs, and melted butter. When used for such things as stuffed tomatoes, aubergines, cucumbers, mushrooms, etc., breadcrumbs alone are used, with a little melted butter.

## MARINADES

(*Various marinades for meat*)

The object of marinating meat is either to preserve, to flavour, or to make it more tender. The word "marinade" in French is usually used when referring to meat or game marinades, the word *court-bouillon*, being used exclusively for fish marinades.

Marinades may be cooked or uncooked. In some cases the meat has to be soaked for some time in the marinade, in others, when the marinade is intended as a mere flavouring and not meant to penetrate deeply, the process is quicker. Meats which are to be grilled are sometimes marinated as follows: Sprinkle with chopped shallots, parsley, thyme, bayleaf, salt and pepper and moisten with oil and lemon juice, allowing  $\frac{1}{2}$  tablespoon of the latter to each tablespoon of oil. The meat stands in this for 1 hour or longer. The strips of larding bacon or ham, etc., used for larding meat are sometimes steeped or marinated in equal parts of white wine and brandy to 1 part oil. Whatever is being marinated should be frequently turned.

## UNCOOKED MARINADE FOR MEAT AND VENISON

For about 2 quarts of marinade:  $3\frac{1}{2}$  ozs. finely chopped carrots,  $3\frac{1}{2}$  ozs. finely chopped onion,  $1\frac{1}{2}$  ozs. shallots, 1 oz. celery, a sprig of thyme,  $\frac{1}{2}$  bayleaf, 6 peppercorns and 2 cloves. Season the meat with salt and pepper, put half of the above ingredients in an earthenware vessel (aluminium should never be used to hold vinegar or wine), place the meat over this and cover with the remaining ingredients. Moisten with white wine, vinegar and oil.

## COOKED MARINADE FOR MEAT AND VENISON

The proportions of the flavouring vegetables, etc., are the same as in the foregoing recipe. Use 3 pints white wine,  $\frac{3}{4}$  pints vinegar and 1 gill oil. Brown all the ingredients lightly in the oil, add the white wine and vinegar and simmer for 30 minutes. Let stand till cold. Marinades should never be used hot.

## MARINADE FOR MUTTON IN IMITATION OF VENISON

The same flavouring vegetables, etc., as in the foregoing recipes, but with the addition of 10 juniper berries and a small sprig of sweet basil and rosemary. The same quantity of white wine, etc., as in preceding recipe and the same simmering of the marinade for 30 minutes.

## UNCOOKED MARINADE FOR VENISON

The same flavouring vegetables, etc., as in foregoing recipes, but with the addition of a few sprigs of rosemary and  $1\frac{1}{2}$  pints vinegar and  $\frac{1}{2}$  pint oil.

In hot weather, marinades should be boiled every day, the meat having been removed and the marinade being quite cold when the meat is replaced in it. In winter it should be boiled every 4 to 5 days, and a little more wine and vinegar should be added every time it is boiled.

## FRYING BATTERS

A properly made batter should adhere to whatever ingredient is going to be fried. It should be perfectly smooth and free from lumps.

The various ingredients used in frying batters are as follows:—

**BEER.**—This makes the batter light and acts in the same manner as yeast. When beer is used the batter should stand in a warm place for 3 to 4 hours so that slight fermentation takes place.

**WINE.**—This is used especially in the making of batter for fruit fritters. It adds to the flavour and, like beer, causes slight fermentation. The wine or liqueur varies according to the fruit used. Not more than 1 tablespoon of liqueur or brandy should be used, and wine in the same proportion as beer.

**OIL.**—This makes the batter crisp. Pure olive oil only should be used.

**WHITE OF EGG.**—This should be used in all frying batters, as it gives lightness. Mostly it is beaten to a stiff froth and added at the last moment.

**YOLK OF EGG.**—This makes the batter more substantial, and more of the substance of a cake.

**BUTTER.**—When butter is used, it should always be clarified (p. 24).

**SUGAR.**—Castor sugar should be used for fruit fritters, and icing sugar sprinkled over them.

## PLAIN BATTER

*Ingredients*  $3\frac{1}{2}$  ozs. flour, 1 tablespoon of either oil or melted and clarified butter (p. 24), a little less than 1 gill lukewarm

water, the white of 1 egg beaten to a stiff froth, a good pinch of salt.

*Method:* Put the flour in an earthenware casserole (a round one) or in a salad bowl and with the tips of the fingers, or with a wooden spoon, make a hollow in the centre, and in this put the oil or butter and the salt. Then very gradually, with a concentric movement, and using a wooden spoon, mix in the flour, adding the water little by little. The batter must not be beaten or lifted with the spoon. It can be turned in any direction, but always with a concentric movement, but neither too hard nor too fast. The batter should be perfectly smooth, free from lumps, and of the consistency of thin cream. Cover the bowl and let stand in a warm place for 1 to 2 hours before using. The flour should always be sifted, and the water should be lukewarm. When about to use the batter, beat the white of egg to a stiff froth, and mix with the batter.

### FRYING BATTER FOR FISH

*Ingredients:*  $\frac{1}{4}$  lb. flour, 2 tablespoons oil, 2 whole eggs, a little less than 1 gill beer, a good pinch of salt.

*Method:* Beat the two whole eggs in a basin with the oil and 3 tablespoons of the beer, and add the salt. Put the flour in a salad bowl, make a well in the centre, put the mixture in this, and proceed as in the previous recipe, adding the remaining beer gradually. This batter is very light and liquid. Cover, and stand in a warm place for 3 to 4 hours.

### FRYING BATTER FOR VEGETABLES AND VARIOUS INGREDIENTS

*Ingredients:*  $3\frac{1}{2}$  ozs. flour, 1 tablespoon oil, the yolk 1 egg, the whites 2 eggs, just under 1 gill boiled milk, good pinch of salt.

*Method:* Proceed as in the making of the previous batters, mixing first the yolk of egg with the oil, the salt and a little of the warm milk. Let the batter stand in a warm place for 1 hour and add the whites of egg, beaten to a stiff froth, just before using.

### YORKSHIRE PUDDING

Put 4 tablespoons of flour in a basin with a good pinch of salt, mix with 1 gill of milk, add 2 whole eggs, and beat thoroughly, adding just over another gill of milk. Cover and let stand for at least 1 hour. Put a little fat in a shallow baking tin and put this in the oven to get thoroughly hot. Beat up the batter once more, add 1 tablespoon of cold water, pour into the hot fat and put in a brisk oven for 15 to 20 minutes.

## *Methods of Cookery*

There are six fundamental methods of cooking: ROASTING, GRILLING or BROILING, BOILING, FRYING, BAKING, BRAISING or STEWING.

Of these, the first mentioned are probably the most ancient. Man became, in fact, a "cooking animal" when, at some very remote period in the history of mankind, fire-making was first discovered. Primitive man found that the application of heat to edible substances made them easier to chew and digest, and no doubt the appetizing aroma of his captures being grilled over red-hot embers, or being roasted in front of a roaring fire, stimulated his appetite and encouraged him to further culinary ventures. And although there are many other delightful ways of preparing food, roasting and grilling hold first place, not only as regards antiquity, but as regards excellence.

### ROASTING

In roasting, the object is to preserve in the meat as much of its juices as possible. This is done by subjecting it at first to great heat, so that the albumen on the surface coagulates and forms a thin crust on the outside, which prevents the escape of the juices. When this crust or coating has been formed, the meat should then be cooked slowly, and at a much lower temperature.

Roasting, however, is almost a thing of the past in England. Real roasting can only be done in front of a clear, bright fire, the meat being on a revolving spit, or in a Dutch oven or roasting-jack. This method was used by our forefathers, and the famous "roast beef" of old England would certainly not have become so renowned had it been "baked," as it is nowadays, in an oven.

As, however, the word "roasting" has lost its original significance, and baking in the oven has taken its place, I will confine myself to suggesting how this can be done more or less satisfactorily—I make this reservation, as baked meat never has the same delicate flavour as roasted meat. In a closed oven, the vapours given off as the surface of the meat is being hardened cannot escape and the meat, cooked in an atmosphere laden with these, is not as good as when cooked with a free current of air around it. One of the first conditions of satisfactory roasting in an oven is that it should be very hot for the first 10 to 15 minutes. In the case of a gas oven, it should be lighted at least 15 minutes before the meat is put in. Always place the meat on a trivet in the roasting pan. This is most important, as the meat is apt to catch when in direct contact with the pan. Place the meat in a hot oven and do not baste till a thin crust has been formed on the surface. When this is done, dredge

the meat well with salt, and replace in a moderate oven. Frequent basting is now essential, as otherwise the meat will be hard and dry. On no account should water be used for basting. Butter, good fat—the fat should be *absolutely* fresh—or oil are used, the latter being applied with a paste brush over the joint, and not poured over like butter or fat. If the meat is liked well-done, allow 20 minutes to the lb.—25 minutes for pork, which should always be well done—and 15 minutes, if the meat is preferred underdone. The meat can be tested by running a skewer into it: if the juice that oozes out is red, the meat is not sufficiently cooked. If the juice is slightly pink, the meat should be “done to a turn”—an expression, by the way, which dates from the time when meat was roasted on a revolving spit. The gravy can be made by using the natural juices which have escaped from the meat, and by scraping the dredgings from the meat pan, diluting with a little water, and seasoning with salt. As, however, this only makes a very small quantity of gravy, it is advisable to prepare a sufficient quantity beforehand. Brown a few bones and trimmings from the meat in a little fat, cover with a little warm water and season with salt and pepper. Bring to the boil, skim thoroughly, and simmer gently for  $2\frac{1}{2}$  to 3 hours. Strain through a cloth before serving. Flour should never be added to gravy.

### GRILLING

Good grilling, like real roasting on the spit, is rarely encountered nowadays, for, to be really perfect, grilling should be done over a clear charcoal, wood or coke fire. The principle is the same as that of roasting—the meat being subjected to great heat at first, so that as the fat melts the albumen forms a coating which prevents the juices from escaping. The length of time for grilling does not depend on weight in this instance, but on the thickness of the meat, birds, or fish to be grilled. Always warm the grill before using, as this will prevent the meat, etc., from adhering to it. Whatever is to be grilled should be well brushed over with a little butter or oil and seasoned with salt and pepper. When gas is used for grilling, always light it a few minutes before using and, unless otherwise indicated, keep it full on during the process of grilling. Grilled meats should be slightly and pleasantly “charred” outside, and slightly underdone inside, when they will be found to be juicy and tender. Anything over-grilled is burnt outside and dry and tough.

### BOILING

Although boiling should be one of the simplest and easiest methods of cooking, it is not as simple as it appears at first sight. Often a boiled chicken comes to the table looking like



a bundle of rags, and potatoes are more frequently than not boiled to a pulp. The reason for this is that the liquid has been boiling at the wrong temperature, i.e., that it has usually been boiling too fast. With very few exceptions, everything that is boiled should be *simmered or boiled slowly*—once the liquid has been brought to the boil. This point cannot be too strongly emphasized.

In boiling meat which is intended for the table, such as leg of mutton or boiled beef, always put the meat in boiling water or stock, with a little salt, as the addition of salt demands a higher temperature for boiling than plain water. The boiling water will have the same effect on it as the action of heat in the process of roasting and grilling, and an impervious crust will be formed on the meat which will prevent the juices from escaping. If hard boiling is continued for any length of time, not only will there be this slight necessary hardening on the outside, but the meat will be hardened throughout and will be tough and stringy. After putting the meat in boiling water, wait till the water starts boiling again, let it boil hard for 5 to 7 minutes, and then simmer very gently, adding a flavouring of sliced onions, carrots, turnips, mixed herbs, more salt and a few peppercorns.

In the case of meat which is used for the making of soups only, the process is exactly the reverse. The meat is put in cold water, gradually brought to the boil, and then simmered for several hours, when the juice gradually oozes out.

For the boiling of fish, see p. 168.

### FRYING

There are two kinds of frying—deep (or “wet” frying) and dry frying, which is usually called, even in English cookery books, “sauté.” The first method involves the use of sufficient fat to completely cover whatever is being fried, and should be done in either a deep frying pan or an appropriate saucepan. In the second method, only a very small quantity of fat is required, and for this an ordinary frying pan is used. Whether for deep or dry frying a thick pan should always be used. Whatever kind of fat is used for frying should be very hot before anything is put into it—the fat is fit for frying only when a thin, bluish smoke rises from it. A good test is to drop a small piece of bread into the pan and if it comes out crisp after a few seconds, the fat is sufficiently hot. Anything fried should be crisp and dry, and quite free from grease. The reason why fried fish, etc., is often limp and sodden is that the fat in which it was fried was not sufficiently hot.

Of the different fats used for frying, oil is by far the best and, in the long run, more economical, as it can be used over and

over again, and keeps better than animal fat. The latter is not as digestible as oil, and a certain amount of grease always seems to cling to things fried in animal fat. This can be tested by frying a few round chip potatoes in boiling oil and a few in dripping. After both have been drained, it will be found that those cooked in oil are absolutely free from grease, whereas the others, however well drained, will always remain slightly greasy. For deep frying, oil is undoubtedly the most satisfactory and economical fat. The fat from beef kidney, when absolutely fresh, is also very good, as it can be made very hot without burning. The addition of one-third of veal fat improves it. Lard should not be used for frying, as it is apt to leave a greasy crust on whatever is fried in it, and usually has an unpleasant flavour. Dripping is economical, and from this point of view only can it be recommended, but it is difficult to do any good or delicate frying in this kind of fat. Even when it has been carefully clarified, it is apt to taste of the source from which it was derived, and whatever is fried in dripping remains greasy. Mutton fat should never be used, as it often gives a tallow-like flavour to things fried in it. Melted butter is better than anything for dry *frying* or *sauté*, especially in the frying of small things, such as small fish, croûtons, vegetables which are "tossed," etc. It must be remembered, however, that butter burns very easily and cannot be made as hot as kidney fat or oil. In dry frying or to *sauter*, only sufficient butter, oil or fat should be used to coat the pan. Butter, in the long run, is more economical than margarine for, although it may cost a few more pennies, less of it has to be used. Things fried in margarine are apt to have a hard, dry crust, and do not brown nicely.

Before using oil for frying, it is advisable to heat it and let it simmer gently for about 30 minutes. This rids it of any impurities it may have and also prevents it from excessive bubbling. Animal fats should *always be clarified* before they are used. The fat should be cut in very small pieces and put in a thick saucepan with a little water—just under 1 gill to the lb.—and simmered gently till the water has evaporated. Stir, so as to separate the membranous parts, which rise to the top, and when the fat appears quite clear, strain through a cloth while still hot and it is then ready for use.

Whatever the fat used for frying, it should be carefully strained each time it is used, and, in the case of animal fat, kept in a dry place in a container with a close-fitting lid. Great care should be taken in frying anything of a watery nature, as the fat is apt to bubble up and splash and may easily catch alight. It is always safer to take the pan off the fire, when it is smoking, and hurriedly slip in it whatever is going to be fried. Also, it

is advisable when several objects—such as fritters—are fried, and are all of the right colour, to remove the frying pan from the fire, as otherwise those in the pan are apt to burn, while the others are being put on a plate.

In frying fish, the fat should be *very hot* and smoking in the case of small fish, such as whitebait, sprats, smelts, and even small whiting, and also in the case of flat fish, as all these are quickly cooked. But if a thick piece of fish is to be fried, the fat should not be quite so hot, as the crust which is formed on the outside by immersion in boiling fat, will prevent the inside from being properly cooked and, in boiling fat, the thick piece of fish will be burnt before it is cooked through.

### BAKING

The baking of meat has already been mentioned under the heading of roasting (p. 85). For baking of bread, pies, cakes, etc., pp. 670, 542, 649.

### BRAISING AND STEWING

Stewing should always be done on a very slow fire or in a slow oven, and with very little liquid. This liquid, by the slow process of stewing, gradually absorbs the juices from the meat and vegetables, and makes a gravy which is always served with the meat. A common error is to use far too much liquid and to cook too rapidly, the result being then more that of boiling than of stewing. Certain stews, like Irish stew, Navarin, and Blanquette of veal, require careful skimming or they are apt to be greasy and nauseating.

Stewing is practically the same as braising, although in true braising the utensil should be completely surrounded by gentle heat—in the olden days hot coals were placed on the lid of the braising pan—and it is therefore preferable to braise in the oven, where heat is more equally distributed. Whether the stew pan be of iron or of earthenware, it should not be too large, and it should have a close-fitting lid. When too large, more liquid has to be used, and the result is that the meat is badly stewed and the gravy is thin and watery. Whatever is to be braised or stewed should fit closely in the pan or earthenware casserole. Line the pan with strips of bacon, and over these put sliced carrots and onions and a bouquet of mixed herbs. Allow about 1 oz. each of carrot and onion to each lb. of meat. If a brown stew is wanted, the vegetables should be browned beforehand in a little fat. The meat also should be slightly browned, either on a roasting pan in the oven, or in a saucepan with a little fat. Now place the meat over the vegetables, cover, and simmer very gently either on the top of the stove or in a slow oven, for about 20 to 25 minutes, *without any liquid*, and

without disturbing or touching the meat. The meat gradually becomes white and its juice, as well as that from the vegetables, oozes out gradually and will improve the flavour of the gravy. In the case of white stews the meat should on no account be allowed to brown during this operation. Now add about 1 gill of liquid—stock, wine or water—bring to the boil without covering, and reduce to about 1 tablespoon. The gravy will have even more body and will be more succulent if this operation is repeated a second time. Now add the liquid in which the meat is to be cooked but, in the case of any large piece of meat, such as a joint of beef, or a leg of mutton, or a piece of veal, the meat must *not be covered* with the liquid—the liquid should only reach halfway, not more. Season with salt and pepper, cover closely—it is even advisable to put a piece of paper over the pan, so that the lid will fit quite tightly—and put in a slow oven, or cook over a very slow fire. It should simmer very gently and regularly for several hours, the length of time depending on weight and thickness of the meat. The meat should be basted occasionally with the gravy. To test whether the meat is sufficiently done, prick it with a skewer: if done, the skewer will come out easily. To serve, the meat should be placed on a dish and the gravy strained over it. If a thick sauce is wanted, either a brown or light roux can be added to it, according to whether the stew is brown or white (Thickenings or Liaisons, p. 48). The method of stewing indicated above is the general one, but there are variations and special methods which will be given in the course of the book under the proper headings, i.e., *blanquette* of veal, for instance, although strictly speaking a stew, is not done exactly in this way.

#### • DOUBLE SAUCEPAN COOKERY

This is a very useful method of cookery and should be more generally used by amateur cooks, who, through lack of experience, are apt to spoil, burn or curdle certain things which must on no account be in contact with direct heat. The water in the bottom saucepan should be kept simmering very gently, but must never be allowed to boil so that it bubbles. It is particularly useful in the making of certain sauces, for the making of creams and custards in moulds, and for certain puddings.

#### STEAMING

This should be done in a proper steamer, which can be bought at any ironmonger's. Whatever is being steamed is put in the top container, and the steam arising from the boiling water in the lower saucepan gradually cooks the ingredients. Steaming is not to be recommended for meat, poultry or game, except in the case of invalids, as it is apt to render these somewhat

tasteless. Certain vegetables can be done in this way, and it is by far one of the best ways of cooking potatoes, *in their skins* and, if for this purpose alone, a steamer should be part of the equipment of every kitchen. Potatoes retain their flavour when done in this way and are more nutritious than when boiled. Steamers are also very useful for puddings.

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**ALLUMETTES AUX ANCHOIS***(Allumettes with Anchovies)*

These consist of strips of puff pastry (p. 539) about 3 inches wide and  $\frac{1}{4}$  inch thick, spread with a thin coating of fish forcemeat (p. 182), mixed with a little Anchovy Butter (p. 74), and cut into rectangular shapes about 1 inch wide. On each is placed a fillet of anchovy. Bake in a brisk oven for 12 to 14 minutes.

**ALLUMETTES AUX CREVETTES***(Allumettes with Prawns)*

Follow the preceding recipe, but using a fish forcemeat mixed with Prawn Butter (p. 76) and garnishing with a few prawns.

**American Hors d'œuvre****OYSTERS À LA BALLARD**

Bake the number of oysters required in their half shells in a quick oven, and remove from the oven as soon as their edges begin to curl. Pour over each oyster a sauce consisting of hot melted butter with a good dash of lemon juice, Tabasco sauce, a little chopped parsley, with a seasoning of salt and paprika.

**CRAB COCKTAIL**

Cut off the green part of a few cold cooked asparagus, dip them in a salad dressing made with equal parts of oil and lemon juice, and put them in a cocktail glass. Place finely chopped crab over them, previously well mixed with the salad dressing, cover with Mayonnaise (p. 64), and sprinkle with paprika.

**GRAPEFRUIT AND CRAB COCKTAIL**

Halve the grapefruit, remove the core and the pulp. Put the pulp in a basin and mix finely with chopped crab meat, and a dressing consisting of grapefruit juice, a little tomato ketchup, a dash of Worcester sauce, a dash of Tabasco, and a little salt. Place the mixture in the halved grapefruit and serve iced.

**SCALLOP COCKTAIL**

This may be made with either a raw or a cooked scallop. Many people eat uncooked scallops, as they do oysters. Put the scallop in a cocktail glass and pour the following sauce over each: For 6 glasses use 8 tablespoons tomato ketchup, 2 of vinegar,  $\frac{1}{2}$  tablespoon oil, 1 teaspoon grated horseradish, 1 of chives, 1 of parsley, a little mustard powder, a good dash of Tabasco and Worcester sauce, salt and pepper. Mix all thoroughly.

**CLAM JUICE COCKTAIL**

Clean and scrape 18 clams, in the same manner as mussels (p. 220), put them in a saucepan with a little water, cover, and

cook till the shells open. Remove the clams from their shells, and strain the liquor from each shell through a cloth or muslin into a basin. Mix this with 1 tablespoon of tomato ketchup, a dash of Tabasco, 2 tablespoons of lemon juice, 1 tablespoon of sugar, and 1 saltspoon of celery salt. Shake the mixture in a cocktail shaker with a little crushed ice.

### ANCHOÏADE

*(Anchovy Paste)*

This is a popular hors d'œuvre in the south of France. It consists of 6 or 8 boned and filleted anchovies pounded in a mortar with 1 clove of garlic, 2 tablespoons of salad oil, 1 teaspoon of wine vinegar and a dash of pepper. Spread on slices of bread and either grill them or cook in a brisk oven till the bread begins to brown. Serve very hot.

### ANCHOVIES

These can be bought in small barrels, in bottles or tins, and also in brine. They are preserved either in oil or in brine. The boneless ones in bottle, which are usually filleted, are the pleasantest to eat. They can be served plain, as hors d'œuvre, neatly arranged on a dish, and eaten with thin strips of toast and butter. But there are many ways of preparing them as both hot and cold hors d'œuvre.

### ANCHOVIES AND CELERY

Cut neat rounds of triangular pieces of bread, butter them and cover with finely chopped boned anchovies, and a little chopped celery.

### ANCHOVIES À LA NORVÉGIENNE

Put a slice of hard-boiled egg on a buttered round of rye bread, and around the egg put a few fillets of anchovy.

### ARTICHOKES

The heart, or bottom, of small globe artichokes preserved in oil, make a pleasant hors d'œuvre, and can be served plain, or with a little mayonnaise dressing.

### BEETROOT

Either slice the beetroot thinly or cut in small cubes and serve in a glass dish, with a salad dressing of oil, vinegar, salt and pepper. The beetroot can also be marinated for 2 or 3 days in a little wine vinegar and salt.

### BETTERAVES À LA CRÈME

*(Beetroot with Cream salad dressing)*

Cut the beetroot into strips about 2 to 2½ inches long, and

about  $\frac{1}{8}$  inch thick, and mix with half the quantity of onion, cut in the same manner. Make a salad dressing with 2 table-spoons of thick cream, 1 of lemon juice, 1 teaspoon of French mustard, salt and pepper, and pour over the beetroot.

### RUSSIAN BLEENY

These Russian pancakes are usually served with caviar. They can be made with either equal parts of wheat and buckwheat flour, or with buckwheat flour alone. Dissolve just under 1 oz. of yeast in  $\frac{1}{2}$  pint of warm milk, and make a dough with a little flour. Stand in a warm place for 2 hours. Then add  $\frac{3}{4}$  lbs. of buckwheat flour, the yolks of 3 eggs, a pinch of salt, and 1 pint of warm milk. Mix thoroughly, but do not let the mixture get too thick. Add the whites of egg, beaten to a stiff froth, and let stand for another 30 minutes. Butter a thick and small frying pan, and drop a little of the mixture in when the pan is very hot, and proceed as in the making of pancakes (p. 578).

### CABBAGE (RED OR WHITE)

Whether red or white, the uncooked cabbage should be very finely shredded and dressed with a Vinaigrette (p. 513). A few table-spoons of sour milk may also be added to the dressing. Cabbage salad should be prepared a few hours before required, so that the dressing soaks into the shredded cabbage.

### CANAPÉS

Canapés, or toasts, are thin slices of bread which can be cut in various shapes, and either lightly toasted or fried in clarified butter (p. 24) to a light golden colour. When toasted, they are well buttered while still hot; and garnished with various ingredients.

### CANAPÉS À L'AMIRAL

For these extremely tasty canapés the bread is cut in oval shapes, with scalloped edges. Coat with Prawn Butter (p. 76), in the centre of each canapé place a little lobster or lobster coral, and around this a few shelled prawns.

### CANAPÉS D'ANCHOIS

Cut the bread into diamond shapes, spread with Anchovy Butter (p. 74) and lay strips of filleted anchovies over it, forming trellis work. Between each square put a garnish of finely chopped whites and yolks of hard-boiled eggs alternately.

### CANAPÉS À L'ARLEQUINNE

This consists of canapés, cut in either rounds, squares, triangles, etc., and spread with thin bands of differently coloured com-



pound butters, arranged so as to form a variegated and Harlequin-like pattern.

### CANAPÉS AU CAVIAR

Round canapés, spread either with plain butter or Caviar Butter and garnished with caviar.

### CANAPÉS DE CREVETTES

(*Prawn Canapés*)

Butter round canapés with Prawn Butter (p. 76) and place a *rosace*, or circular pattern of shelled prawns, over each canapé, and in the centre place 1 large caper.

### CANAPÉS DANOISE

This consists of diamond shaped or oval canapés of brown bread, spread with Horseradish Butter (p. 74) and garnished with thin strips of smoked salmon, thin strips of uncooked smoked herrings, previously marinated in white wine, and a little caviar.

### CANAPÉS DE HOMARD

(*Lobster Canapés*)

Butter some square canapés with Lobster Butter (p. 75), garnish with a little lobster coral, mixed with a little Mayonnaise, and over this place a small, thin piece of lobster.

### CANTELOPE MELON

This should always be served well iced, and neatly sliced, with the seeds removed. It is sometimes served surrounded with crushed ice.

### CANTELOPE MELON FRAPPÉ

Cut off a slice from the top of a melon and remove the seeds with a spoon. Fill the cavity with 2 tablespoons castor sugar and  $\frac{1}{2}$  pint, or a little less, according to the size of the melon, of either Port, Madeira, Marsala, Brandy, or Grand Marnier. Replace the top of the melon and stand in crushed ice for 3 or 4 hours. Serve whole, and scoop out the melon with a spoon, as it is quite soft, being thoroughly impregnated with the wine or liqueur.

### CAVIAR

Caviar is the salted roe of various species of sturgeon. The best is loosely granulated, and almost liquid, and is known in Russia as "ikra." The roe is treated in such a way as to rid it of all membranes, fatty matters and fibres, and is salted with from 4 to 6 per cent of salt. There is a coarser quality known as "padjusnaya," which is more solid and more salted and is largely prepared in Astrakhan for export, packed in small barrels or tins.

Caviar should be served iced, or very cold, with Russian bleeny (p. 94), or with thin slices of rye bread.

### CUCUMBER SALAD

Peel the cucumber, cut into very thin slices. Sprinkle with salt and let stand for 1 hour to get rid of the water. Drain and dress with a Vinaigrette (p. 513).

### CELERIAC

The celeriac should be finely shredded and mixed with a Mustard sauce (p. 65), to which a little cream has been added, or it can be dressed with an ordinary Vinaigrette (p. 513), or a highly seasoned and somewhat sharp Mayonnaise can be used.

### EGGS

Stuffed hard-boiled eggs are often served as hors d'œuvre, and can be stuffed in innumerable ways.

#### STUFFED EGGS WITH WATERCRESS

Pound the yolks of 4 hard-boiled eggs with 6 fillets of anchovies, a little butter, 1 teaspoon of curry powder, salt and pepper. Stuff the eggs with the mixture and place on chopped watercress, sprinkled with a little lemon juice and salt.

#### EGGS STUFFED WITH HORSERADISH

*Ingredients:* Hard-boiled eggs, 1 tablespoon or more of finely grated horseradish, 2 tablespoons of cream, the juice of  $\frac{1}{2}$  lemon, 1 teaspoon sugar, 1 lettuce.

*Method:* Shell the eggs and cut them in half lengthwise. Remove the yolks and put them in a basin and crush them well with a fork. Now add the grated horseradish, the cream, the lemon juice and sugar, and mix all to a thick and smooth cream. Fill the eggs with this mixture and serve on crisp lettuce leaves.

### PLOVER'S EGGS

Plover's eggs should be put in boiling water and boiled for 8 minutes. They are usually served in a basket or on a dish in an imitation nest.

### FRUIT AS HORS D'ŒUVRE

The fruit most frequently served at the commencement of a meal are melon, grapefruit and avocado pears, when in season. The last come from the West Indies and other tropical countries. They have a smooth, glossy skin, either purple or green and their pulp is like butter, with a delicious nutty flavour. When quite ripe they are slightly soft to the touch, and the large stone which they contain rattles slightly when the fruit is shaken. They should be cut in half, the stone removed, and the pulp is eaten

with a spoon. They are eaten either with a little salt or, sometimes, with a plain Vinaigrette dressing (p. 513).

Grapefruit should be cut in half and the core carefully removed. They should be detached from the rind and carefully sectioned with a sharp knife. Grapefruit should always be served iced, or very cold. They are often garnished with cherries in maraschino or other suitable garnishes.

### MOUSSE OF HAM

This should be served very cold. (For recipe, see p. 356).

### HERRINGS

There is a large variety of smoked and dried herrings, all equally suitable as hors d'œuvre. They may be served plain, and if, as may sometimes happen, they are found too dry, they can be sprinkled with a little salad oil and lemon juice. It is preferable to remove the skin, split the fish and remove the bones.

### HARENGS LUCAS

(*Herrings Lucas*)

This consists of smoked herrings, skinned, boned and filleted, soaked in milk for several hours, then cut in strips and dressed with a mayonnaise made with pounded yolks of egg (p. 64), and highly seasoned with mustard, chopped shallot, chervil and gherkins.

### HARENGS À LA RUSSE

Thin slices of smoked herrings, previously soaked in milk, are laid on thinly sliced rounds of cold cooked potatoes, or arranged in a dish in alternate sections of herrings and potatoes and dressed with a Vinaigrette (p. 513), to which a little chopped shallot, tarragon and fennel have been added.

### BISMARCK HERRINGS

These are bought in bottle or tins and are ready to serve.

### BÜCKLING HERRINGS

These have a more delicate flavour than most smoked herrings, as they are smoked in a particular manner. They should be skinned, boned and filleted and served plain, with a little oil and lemon juice, but they can also be prepared in various ways.

### BÜCKLING HERRINGS AND POTATO SALAD

Boil or steam a few potatoes in their jackets and, when done, but not too soft, peel and cut into neat little cubes. Skin, bone and fillet the herrings (uncooked), chop coarsely, and mix with the potatoes. Dress with a thick Mayonnaise (p. 64) to which the following ingredients have been added: the pounded yolks

of 2 hard-boiled eggs, finely chopped chervil and 2 or 3 gherkins, 1 heaped teaspoon of mustard powder, the whole being well seasoned with salt and pepper.

### HERRING FILLETS IN OIL

Allow 2 fillets of kippered herring for each person. Put the fillets (uncooked) in a pie-dish, cover with oil, sprinkle with chopped onion and parsley, and stand in a cool place overnight. When required, arrange neatly on a dish, pour a little of the oil in which they were soaked over them, add 2 teaspoons of vinegar, the onion and parsley, and the finely chopped yolk and white of 1 or 2 hard-boiled eggs.

### HERRINGS À LA SUÉDOISE

Soak 2 salt herrings in cold water for 12 hours. Dry them thoroughly, and skin and bone them. Cut them in narrow strips, arrange neatly on a dish, and cover with the following dressing: Mix  $1\frac{1}{2}$  tablespoons of sugar with 4 of vinegar, and  $\frac{1}{2}$  teaspoon of white pepper. Pour over the fish, and sprinkle the whole with 2 tablespoons of chopped onion.

### LEEKs À LA GRECQUE

Only very young leeks should be used for this, and then the white part only. Boil till tender, but not too soft, in sufficient water to cover, with 3 tablespoons of oil, the same of vinegar, 2 bayleaves, 1 stick of celery (or 1 teaspoon of celery seed if celery is not in season), salt and peppercorns. Remove from the fire when done, and let stand in this marinade till quite cold. Arrange the leeks neatly on a glass dish, and pour a little of the marinade over them.

### MOSCOW PIROSHKI

Make a dough with  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  oz. yeast, and a little warm water. Roll into a ball, cover and let it stand in a warm place till double the size. Work  $\frac{3}{4}$  lbs. flour with 4 eggs and 2 tablespoons of water. This must be done vigorously, the paste being pulled apart with the hands, and beaten against the pastry board. When the paste is firm and smooth, add  $\frac{1}{2}$  lb. butter, a good pinch of salt, and the dough with the yeast. Stand in a warm place for 6 hours. Roll out the paste, cut in oval shapes about  $3\frac{1}{2}$  inches long, on each place a little fish forcemeat mixed with finely chopped hard-boiled egg, and cover with another piece of paste, pressing down the edges firmly. Let stand for another 30 minutes, and bake in a brisk oven for 20 to 25 minutes.

### MUSHROOMS OR CÈPES IN OIL

These are bought preserved in oil and make a very pleasant hors d'œuvre.

## MUSSELS

For the cooking of mussels see p. 220. They can either be served in their shells, like oysters, as an hors d'œuvre, or prepared in various ways.

## MUSSELS WITH MUSTARD SAUCE

Remove cooked mussels from their shells, put in a glass dish, mix with a little finely shredded celery, and pour over them a Mustard sauce (p. 65) to which a little cream has been added.

## OLIVES

Both the large Spanish olives and the small black olives can be served as hors d'œuvre.

## OLIVES FARCIES

Olives, carefully stoned, can be stuffed in various ways—with almost any suitable compound butter, such as Anchovy Butter, Prawn Butter, etc. (pp. 74, 76). They may also be stuffed with anchovy paste, or pounded anchovies, or finely chopped pimiento.

## OYSTERS

When possible, it is better to get oysters opened by a fishmonger. This, however, is not always practicable, as oysters should only be opened when about to be eaten. A proper oyster knife should be used. After the shells have been well scrubbed, the rugged outer edge should be knocked off, and the oyster held down firmly in the left hand, with the flat side uppermost. The knife must now be inserted between the valves with a screwing action, exactly in the centre of the outer margin, opposite the hinge, and then pushed forward. With the point, the big abductor muscle should be cut through, when the shell will fly open. This operation requires a certain amount of skill, but with a little practice it is quite simple.

Oysters should be served in their deep shell, and placed on a plate with crushed ice. They should be accompanied with quarters of lemon, and thin slices of buttered brown bread. A few drops of Chili vinegar is sometimes sprinkled over them.

## OYSTER COCKTAIL

Put 2 or 3 oysters in a cocktail glass and pour a little Escoffier Oyster Cocktail sauce over them, or a little tomato ketchup to which a dash of Worcester sauce has been added.

## OYSTERS AND CAVIAR

This very choice hors d'œuvre consists of small tartlets of puff pastry or of short crust (p. 541), spread with a coating of caviar and garnished with an oyster, sprinkled with a little lemon juice, and a dash of pepper.

## PÂTÉ DE FOIE GRAS

When pâté de foie gras is served as an hors d'œuvre, no other hors d'œuvre should be served. The pâté should be left in the terrine or in the crust and should be very cold. Very thin slices of toast usually accompany it. As the pâté is somewhat hard when it is very cold, the spoon which is to be used for serving should be dipped into a jug of very hot water, and the slice of pâté comes out quite easily.

Mousse of Foie Gras is sometimes served as an hors d'œuvres. The best pâtés are undoubtedly those which come from Strasbourg. Those in the crust are superior to those sold in terrines, but should be eaten at once, as they will not keep for more than a few days.

## PICKLED FRUITS

These can be bought in jars. They make an excellent contrast to salty and highly flavoured hors d'œuvre.

## PIMIENTOS

Green, red and yellow Spanish pimientos, or sweet peppers, can be bought fresh in England during several months of the year. They can be served as hors d'œuvre in various ways: Cut in two, the seeds removed, the skin coarsely shredded, and dressed with an ordinary Vinaigrette (p. 513). When tinned, they are ready for use, and need only be dressed with the Vinaigrette, after having been shredded or sliced. Or sometimes they are served "nature" without any dressing, but drained from the liquor in which they have been preserved in the tin.

## PIMIENTOS À L'ALGÉRIENNE

Grill a few fresh whole pimientos, then halve them and remove the seeds. Shred them coarsely, dress with a Vinaigrette (p. 513), put in a glass dish, and garnish with thin slices of raw onion.

## POTATO SALAD

There are various potato salads served as hors d'œuvre. Boil or steam the potatoes in their jackets, being careful not to overcook them. It is advisable to get the special salad potatoes, when these are obtainable, as they remain firm when cooked, and are not so apt to break when sliced. Peel them carefully and cut either in neat slices, or in cubes. While still hot, pour a Vinaigrette salad dressing over them (p. 513), mixed with a little mustard. Another good dressing is a Vinaigrette, added gradually to the yolks of 2 eggs. They can also be dressed with a thick mayonnaise or a Cream Salad dressing (pp. 64, 513).

## PRAWNS

For the cooking and serving of prawns (p. 223, shellfish section).

## PRAWNS, MOUSSE OF

See Fish Mousse (p. 183). The prawns should be shelled, pounded in a mortar and rubbed through a sieve.

## PRAWNS À LA NORVEGIENNE

Halve a few hard-boiled eggs crosswise, remove the yolk, and cut a small slice from the bottom of each egg, so that they can stand. Prawns are hung by their tails all round the whites of egg, and the eggs are stuffed with the pounded yolks, mixed with anchovies and a little butter.

## PRAWN COCKTAIL

*Ingredients:* Prawns, lettuce, mayonnaise, cream, tomato ketchup, a dash of brandy (optional).

*Method:* Shell the prawns and chop the lettuce finely, keeping, however, a few of the white crisp leaves from the heart for decoration. Put a little chopped lettuce in wide-mouthed wine glasses—champagne glasses are the most suitable—over these put the prawns, and cover with a dressing made of equal parts of Mayonnaise (p. 64) fresh cream and tomato ketchup. Decorate with one or two small lettuce leaves. This should be served very cold. A dash of brandy can be added to the dressing, but this is optional. The same cocktail can be made with lobster, crab or shrimps, but it is best made with prawns.

## PRAWN SALAD

*Ingredients:* Shelled prawns, cold boiled or steamed potatoes, hard-boiled eggs, a few small chilli peppers (Bird peppers) salad oil, vinegar, salt and pepper.

*Method:* The potatoes should be sufficiently firm to be cut in neat rounds, not too thick, and put in a salad basin or glass dish with the prawns, coarsely chopped chillis and slices of hard-boiled eggs. This should be thoroughly mixed and a dressing of 4 tablespoons of oil to 2 of vinegar, 1 teaspoon mustard powder, and a seasoning of salt and pepper, poured over it.

## RADISHES

Radishes should be well washed and trimmed and can either be left whole, when very small, or they can be peeled with a sharp knife, so as to form petals, and look like flowers. They should, when possible, be served on crushed ice, in a glass dish. They can also be served on a bed of watercress or lettuce.

## RED CABBAGE WITH APPLES

Shred the uncooked red cabbage finely, pour a little vinegar

over it, and let stand for 1 hour. Drain, put on a glass dish, with shredded apples, and dress with Vinaigrette dressing (p. 513).

### RILLONS DE TOURS

For the recipe of this delicious hors d'œuvre see p. 358. Rillons de Tours are usually served in the little jars in which they are kept, and eaten with thin slices of buttered bread.

### ROLLMOPS

These are usually bought already prepared, but they are simple to make. Remove the head and bones from fresh herrings, and divide into fillets. On each fillet put a layer of sliced gherkins, capers, sliced shallots and a little German mustard. Roll up the fillets and skewer them. Place the fillets in a jar, with herring roes, cover with wine vinegar, and add a little mustard seed, thin slices of lemon, sliced onions and a few peppercorns. Cover and stand in a cool place for a few days. When serving, add a little olive oil.

### ROUGAIL DE CREVETTES

This hors d'œuvre, which is popular in the French West Indies, consists of shelled prawns pounded in a mortar to a smooth paste, with small chilli peppers, a little lemon juice, olive oil and salt.

### ROUGAIL DE TOMATES

This consists of the pulp of tomatoes, mixed with the same ingredients as those mentioned in the preceding recipes, but without the prawns. A little powdered ginger is added.

### ROYANS À LA BORDELAISE

This is bought already prepared. It is a kind of French sardine, preserved in oil, with various seasonings.

### RUSSIAN VATROUSHKI

*(Cream Cheese Tartlets)*

In Russia, these are served either as hors d'œuvre, or as an accompaniment to Bortch. They consist of very small tartlets of puff pastry (p. 539), filled with cream cheese (p. 558), and seasoned with a little salt and sugar.

### SALMON, SMOKED

This should be very thinly sliced and served with lemons cut in quarters and thin slices of buttered brown bread or Toast Melba (p. 104). Red pepper is sometimes served with the salmon.



## SARDINES

There are many varieties of these on the market, but the best are undoubtedly the French "Sardines à l'huile," although some of the Italian brands are excellent. In some of the cheaper brands, sprats, which are quite a distinct species of fish, are used, and are sometimes called sardines. To serve, remove the sardines from the tin and put on a glass dish.

## SARDINE MEDALLIONS (1)

Skin and bone the number of sardines required, and chop finely. Put them in a basin, and mix with the pounded yolks of hard-boiled eggs, allowing 1 yolk to each sardine. Moisten with a little Mayonnaise (p. 64) till the mixture is quite creamy, pile on small rounds of bread and cover with a little mayonnaise.

## SARDINE MEDALLIONS (2)

Mix the chopped sardines and yolks of hard-boiled eggs as in the preceding recipe, but moisten with Tomato puree (p. 157) and butter instead of mayonnaise. Serve as the other medallions.

## SAUCISSES AUX HUITRES

*(Sausages with Oysters)*

This hors d'œuvre, which comes from the south of France, consists of oysters, served very cold, in their half shells, eaten alternately with very hot small grilled sausages, or sausages cooked in white wine.

## TOMATOES

These are often served as hors d'œuvre either sliced or quartered, and dressed with a Vinaigrette (p. 513).

## TOMATES À LA MONÉGASQUE

Halve the tomatoes, remove the pulp, and garnish with a mixture of finely chopped tunny fish, hard-boiled egg, onion, parsley, chervil and tarragon, well moistened with Mayonnaise (p. 64).

## TUNNY FISH

Tunny fish is preserved in oil like sardines, and is sold either in jars or in tins. Remove from the tin or jar, put on a glass dish, and pour a little oil over it. Serve with Toast Melba (p. 104).

## TUNNY FISH À LA MARINETTE

This consists of slices of tunny fish, slices of tomatoes and pickling onions, arranged alternately on a dish and surrounded with sliced potatoes, the whole dressed with a Vinaigrette (p. 513).

## CVOROJNIKI À LA RUSSE

(*Cream Cheese Cakes*)

Put  $\frac{1}{2}$  lb. of cream cheese (p. 558) in a basin with 2 ozs. of melted butter,  $\frac{1}{2}$  lb. flour, and 3 eggs, with a seasoning of salt and a little nutmeg. Work thoroughly with a wooden spoon, and rub through a sieve. Add 6 ozs. flour, shape into little cakes, 3 inches in diameter and about  $\frac{1}{2}$  inch thick. Poach for 15 to 18 minutes, drain, and serve with melted butter.

## VEGETABLE SALAD

This consists of a macédoine of cooked young spring vegetables, and is often erroneously called "Russian salad." The real Russian salad is composed not only of vegetables, but of cooked meat, poultry, game, fish, etc. Vegetable salad or macédoine is made with potatoes, young carrots, turnips, all cut in cubes, French beans, peas, small clusters of cauliflower, asparagus tips, and globe artichoke bottoms, the salad being dressed with a thick Mayonnaise (p. 64).

## VINAIGRETTE À LA RUSSE

This consists of sliced cooked potatoes, mixed with cooked sliced mushrooms, salt cucumbers (Dutch cucumbers), sliced beetroot, and a few fillets of salt herrings. Dress with a Vinaigrette (p. 513) to which a little mustard has been added.

## HORS D'ŒUVRE CONSISTING OF VARIOUS COOKED MEATS, ETC.

All the following should be thinly sliced and served with thin pieces of either white or brown buttered bread: Smoked beef, smoked ham, smoked tongue, liver sausage, Bologna sausage.

## SALAMI

There are various kinds of salami, which come from Germany, Italy, Hungary and other countries. They require no cooking, and can be served with hors d'œuvre. Two well-known kinds of salami are Bayonne Ham and Mortadella.

## TOAST MELBA OR TOAST MOUSSELINE

Toast Melba, so often served with hors d'œuvre, and which has been mentioned several times in this section, is made by cutting very thin slices of bread, removing the crust and either browning them lightly in the oven, till the slices begin to curl, or toasting them lightly till they curl.

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SOUPS are of two kinds: Clear Soups and Thick Soups. Among the latter we get the Purées, the Creams, the Veloutés and the thickened Consommés.

### CLEAR SOUPS AND CONSOMMÉS

The making of good stocks is one of the most important foundations of good cooking, and one of the simplest processes if certain rules are followed.

The following are among the most important factors in the making of stock:

- (1) The choice and proportion of ingredients.
- (2) The proportion of water used.
- (3) Careful and thorough skimming.
- (4) Prolonged and gentle simmering.

Good stock is both wholesome and economical. It is particularly economical when the meat used for it is treated in such a manner that it can be served up and eaten separately, as it is in most households in France.

**THE CHOICE OF MEAT.** When the meat is to be eaten separately, the best cuts to use are the fresh brisket, the top rump, or the thick flank, although the last is apt to have an excess of fat.

**THE BONES.** These should not be used in excess; their weight should be a little less than half the weight of the meat, and they should be chopped in small pieces. Excellent results are obtained by adopting the method prevalent among chefs: Put the chopped bones in a meat pan and brown slightly in the oven. Then place them in the saucepan or stock pot, cover with cold water, bring to the boil, and skim carefully. Cover with a lid, but leave an opening so that the steam can escape (this helps to keep the soup clear), and simmer very gently for 7 or 8 hours or longer. This preliminary cooking of the bones alone is to be strongly recommended. It yields stronger stock; and the soup meat which is

afterwards cooked in this bone stock need not be wasted, as it often is when it has boiled for several hours.

**THE QUANTITY OF WATER.** One quart of water should be allowed to every pound of meat and bones, weighed together. In the course of prolonged simmering one may count that about one-third of this quantity of water will have evaporated.

**THE VEGETABLES.** The quantity to be used depends much on their quality. For instance, if young carrots are used, more are required than when old carrots are added to the soup. Winter carrots and turnips are put in when the stock has been skimmed, as well as celery, whilst leeks are usually added later, especially if they are to be served with the meat. This applies also to onions. When young carrots or turnips are used, they should be scraped, washed and left whole. Old ones should be halved or quartered and cut in 2-inch lengths. Onions can be left whole and stuck with 1 or 2 cloves. Only the white part of leeks should be used, and only the white part of a stick of celery.

**CHICKEN GIBLETS.** These, without the liver, should always be added to the stock after the skimming process. They take the place of the whole chicken, which always figured in older and more extravagant methods of making stock and consommé. The giblets should be thoroughly washed and cleaned, the head and neck split in two, and also the gizzard.

The carcass of a roast chicken or turkey, as well as the bones, can also be added to the stock, but they should be perfectly fresh.

**THINGS WHICH SHOULD NEVER BE ADDED TO STOCK.** Mutton or lamb, or mutton or lamb bones, should never be added to ordinary beef stock, nor pork nor bacon, which are used only with stock made from mutton alone. Neither should goose, duck, guinea fowl or any kind of game be used for beef stock.

**TO STRAIN THE STOCK.** Remove the saucepan from the fire, stretch a napkin or cloth, wrung out in cold water, over a basin and, with a soup ladle, strain the stock into the basin without removing the meat and vegetables from the saucepan when these are going to be served separately.

Here are various recipes for making stock:

## STOCK

(in which the meat is to be utilized as a separate course)

(First Method)

*Ingredients:* 2½ lbs. of either fresh brisket of beef or top rump, 1 set of chicken giblets (optional), 1 lb. of chopped bones, ¼ lb. of carrots, 3 ozs. of turnips, 2 large leeks (the white part only), 3 onions (one being stuck with 2 cloves), 1 small stick of celery, 2 quarts of bone stock, ½ oz. of salt (½ tablespoon or a little less if coarse salt is being used), 5 or 6 peppercorns.

*Method:* Brown the bones slightly in the oven as indicated on page 107, put in a saucepan and cover with the cold water. Bring slowly to the boil, skim thoroughly, cover the saucepan with a lid, leaving an opening so that the steam may escape, and simmer very gently for 9 hours or even longer. Strain the bone stock through a wet cloth into a basin and set aside till quite cold. Remove any further grease which has risen to the surface.

Put the cold bone stock in a saucepan and, when quite warm, but not boiling, add the meat. Bring to the boil, skim thoroughly, and during the process of skimming add occasionally a few table-spoons of cold water, which makes the scum rise to the surface. When the stock is quite clear, add the cleaned giblets, the vegetables, cover with a lid but leave an opening, and simmer very gently for  $2\frac{1}{2}$  to 3 hours, or till the meat is quite tender. Place the meat on a hot dish, garnish with the vegetables, and strain a few spoonsfull of the stock over it. Strain the remainder of the stock through a cloth wrung out in cold water and use as required.

### STOCK

(in which the meat is to be utilized as a separate course)

(Second Method)

The ingredients are the same as in the preceding recipe, but cold water is used instead of stock made from the bones.

Put the bones in a saucepan, lay the meat over them, add the cold water and gradually bring to the boil. Skim thoroughly, add the giblets and vegetables, and simmer gently for  $2\frac{1}{2}$  to 3 hours.

### STOCK

(in which the meat is not utilized)

(Third Method)

As the meat is not utilized, the cheaper cuts can be used, such as the shin of beef, "gravy" beef, etc. Both meat and bones should be chopped. Proceed as in the last recipe, but simmer for 5 to 6 hours.

### CONSOMMÉ

Consommé is a clear soup of which good stock is the foundation.

For  $2\frac{1}{2}$  quarts of consommé the proportions are as follows:

*Ingredients:* 3 quarts of good stock free from all grease, 2 lbs. of lean uncooked beef, 2 sets of chicken giblets (without the liver), uncooked chicken bones (or the carcass), 2 ozs. of carrots, the white part of 2 leeks, the whites of 2 eggs. For the *liaison* or thickening: 1 oz. of tapioca and  $\frac{1}{2}$  pint of stock.

*Methods* Remove all fat and gristle from the meat and chop the meat finely. Chop up the chicken bones and carcass. Cut the vegetables as for Brunoise (p. 30). Put the whites of egg

in a saucepan and beat lightly for a few seconds only, but without frothing. Now add the meat, the bones, and the vegetables and mix all well with a wooden spoon. Add the cold or lukewarm stock and clarify (p. 111). When once the scum has risen, simmer very gently, without the lid, for  $1\frac{1}{2}$  hours.

Forty-five minutes before serving put the  $\frac{1}{2}$  pint of stock in a small saucepan and bring to the boil. Add the tapioca and simmer very gently.

To strain the consommé, stretch a cloth, previously wrung out in cold water, over a basin, pour the contents of the saucepan into it, and let the consommé drip through the cloth. Now add the tapioca, stir well, replace the consommé in a saucepan and warm up, but without boiling.

### BEEF TEA

Chop or mince 2 lbs. of very fresh lean beef, free from all fat and gristle, and place in an earthenware jar which has a lid. Stir in gradually  $\frac{1}{2}$  pint of cold water, and let stand till the meat has absorbed the water. Season with a little salt. Cover the jar and put it in a saucepan of boiling water, being careful that the water does not reach the lid of the jar, and simmer gently for 3 hours, adding a little water occasionally. Remove the saucepan from the fire and, when the water is lukewarm, remove the jar, and strain through a cloth. If the beef tea is preferred as a jelly, proceed in the same manner, but add to the chopped beef  $\frac{1}{4}$  lb. of the meat from a calf's foot, previously blanched and cut in small dice.

### VEAL STOCK OR WHITE STOCK

*Ingredients:* 2 lbs. of knuckle of veal, 1 lb. of veal bones, 4 ozs. of carrots, 4 ozs. of turnips, 1 small stick of celery (or  $\frac{1}{2}$  teaspoon of celery seed), 1 leek or 1 small onion, a sprig of thyme, parsley, 1 bayleaf, salt and peppercorns.

*Method:* Put the knuckle of veal and the bones in a thick saucepan and cover with  $2\frac{1}{2}$  to 3 pints of cold water. Bring to the boil and skim carefully, removing every particle of fat. Then add the vegetables, seasoning and herbs and simmer very gently for  $3\frac{1}{2}$  to 4 hours. Strain through a linen cloth into a basin. When cold, remove any fat which has risen to the surface.

### CHICKEN CONSOMMÉ

Proceed as in the making of Consommé (p. 109), using 3 quarts of stock when 2 quarts are stated, 1 small fowl lightly browned in the oven, 2 sets of giblets, and the carcass of a roasted chicken.

### CHICKEN OR TURKEY BROTH

*Ingredients:* 1 fowl or turkey, 1 onion,  $\frac{1}{4}$  lb. of carrots, 1 small



stick of celery, 1 sprig of thyme, parsley, 1 bayleaf, salt and pepper. Sufficient veal stock or water to cover.

*Method:* Remove all the meat from the chicken and cut it up in small pieces. Chop the bones in small pieces also. Put these in a thick saucepan and cover with veal stock or with cold water. Veal stock is by far the better to use, and the chicken broth is far more nutritious and tasty when made in this manner. Bring to the boil, skim thoroughly, and proceed as in recipe for veal or other stocks. When strained, rice may be added to the chicken broth and boiled in it for 20 to 25 minutes.

### GAME STOCK

This is made in the same manner as ordinary stock (in which the meat is not utilized) and in the same proportions, but using uncooked carcasses of game, a little hare, rabbit or venison meat, and either an old pheasant or old partridges. Water is used instead of stock, and the bones and meat should be well browned in the oven before being used. The proportion of vegetables, herbs, etc., should be increased by one-third.

### FISH STOCK

*Ingredients:* 1  $\frac{3}{4}$  lbs. of white fish, including 1 or 2 fish heads,  $\frac{1}{2}$  lb. of fish bones, 1 small sliced onion, the white part of 1 large leek, 4 or 5 sprigs of parsley, 1 small stick of celery,  $\frac{1}{2}$  a bayleaf, 2 quarts of water, 1 heaped teaspoon of coarse salt.

*Method:* Put the chopped fish in a saucepan with the fish bones, cover with the cold water, bring to the boil, and skim carefully. Then add the vegetables and seasoning and simmer for about 35 minutes. Strain through a cloth and use as required.

### TO CLARIFY SOUPS

A simple method of clarifying soups is as follows: Whatever stock is to be clarified should be quite cold. Put the whites of 2 eggs in a saucepan and beat lightly, but without beating to a froth. Then add the finely-crushed egg shells and a little seasoning, such as chopped tarragon and chervil, and 2 or 3 tablespoons of white wine (optional). Mix thoroughly, add the stock and bring very gradually to the boil, stirring and beating continuously with an egg whisk or with a wooden spoon. If the soup is brought to the boil too rapidly the white of the egg is apt to set, and continuous beating is essential so that the white of egg is thoroughly mixed with the soup. As soon as the soup has come to the boil all the scum will rise to the surface. Now stop the beating and mixing and simmer very gently for 15 to 20 minutes. Then strain into a basin either through a jelly-bag wrung out in cold water or a napkin stretched over the basin.

Or the four ends of the napkin can be gathered together, tied with string and hung over the basin and the liquid allowed to trickle through slowly. On no account should the bag be pressed or squeezed, as the scum would ooze out. If the soup is not perfectly clear it should be strained once more through the wet jelly-bag or napkin.

## Thick Soups

### PURÉES

These can be made with vegetables or a mixture of vegetables, or with chicken, game or shellfish. Nearly all purées have to be thickened or given consistency by the addition of another ingredient. Rice is used for purées of chicken, shellfish and certain vegetables; potatoes for certain green vegetables; lentils for game purées. Certain purées made with farinaceous vegetables, such as potatoes, haricot beans and lentils, do not require any additional thickening.

The thickenings are used in the following proportions: Rice—from 3 to 4 ozs. to every lb. of vegetable purée; about  $2\frac{1}{2}$  ozs. to every lb. of chicken, game or shellfish purée. Lentils are used in the proportion of  $6\frac{1}{2}$  ozs. of uncooked lentils to every lb. of game purée, whilst potatoes are used in the proportion of  $\frac{1}{2}$  lb. to every lb. of vegetable purée.

Purées are diluted with veal or chicken stock, game stock, fish stock, and sometimes with milk, for certain vegetable purées. Generally speaking, the quantity of liquid used is double that of the amount of actual purée, and  $2\frac{1}{2}$  to 3 ozs. of butter, divided in small pieces, are stirred in finally to every quart of purée.

Garnishes for purées consist of (1) *croûtons* of fried bread—bread cut into small dice and lightly fried in butter, allowing about 2 ozs. of these to every quart of purée; (2) diced pieces of either chicken, game or shellfish; (3) small forcemeat balls made with chicken, game or shellfish.

### VELOUTÉS

In the making of *veloutés* the proportions are as follows: 2 parts of *velouté* to 1 of the foundation purée and 1 of veal or chicken stock, including the cream. The thickening or *liaison* of every quart of *velouté* consists of 3 yolks of egg and 6 table-spoons of cream.

*Velouté* sauce is made as follows: In a small thick saucepan work 1 oz. of butter with just under 1 oz. of flour, but without browning. Add gradually 1 pint of hot veal, chicken or fish stock, as the case may be, whipping the sauce incessantly with a sauce whisk, bring to the boil, and skim carefully. Then add 2 table-spoons of mushroom liquor or 1 oz. of mushroom peelings and

stalks, 2 or 3 sprigs of parsley, and season with salt and pepper. Simmer gently for 1 hour, removing every particle of grease, add the cream, mixed with the yolks of egg, pour through a wire sieve and the sauce is ready for use.

Butter, divided in small pieces and in the proportion of about  $2\frac{1}{2}$  to 3 ozs. to every quart of velouté, is added when the saucepan has been removed from the fire.

The garnishes for veloutés consist of (1) croûtons of fried bread, diced pieces of chicken, game or shellfish, diced vegetables; (2) vegetables cut *julienne* (p. 30), or shredded vegetables; (3) small forcemeat balls. Sometimes a little rice is added in the proportion of 1 tablespoon to every quart of velouté.

### CREAMS

The preparation of these is the same as that of veloutés, but a thin Béchamel sauce is used instead of velouté sauce. The proportions are identical. The yolks of egg are omitted, and 6 tablespoons of cream are added finally.

Béchamel sauce is made as follows: Dice  $1\frac{1}{2}$  ozs. of carrots and  $1\frac{1}{2}$  ozs. of onions and the same quantity of ham or gammon, and simmer, without browning, for about 15 minutes. Melt  $1\frac{1}{2}$  ozs. of butter in a saucepan and stir in  $1\frac{1}{2}$  ozs. of flour, work with a wooden spoon till quite smooth, and add gradually 1 pint of hot veal, chicken, game or fish stock. Drain the vegetables and ham, add them to the sauce with a bouquet of mixed herbs and season with salt, pepper and a little nutmeg. Do not cover the saucepan. Bring to the boil and simmer very gently for 45 minutes to 1 hour. When done, strain into a small saucepan and stir in a small piece of butter. The ham may be omitted, the sauce being then a Béchamel *maigre*.

If preferred, milk may be used instead of stock.

The garnishes for creams are the same as those for veloutés.

### Soups

#### AÏGO BOULIDO (Provençal soup)

Put 1 quart of water in a saucepan with 2 cloves of garlic, crushed with the blade of a knife, 1 bayleaf, 1 tablespoon of oil, salt, and bring to the boil and boil rapidly for 15 minutes. Put the yolk of 1 egg in the soup tureen and, having taken out the garlic and bayleaf, pour the soup over it gradually, beating with a wooden spoon, and add finally a few thin slices of bread.

#### AÏGO-SAU (Provençal soup)

Put 2 lbs. of white fish, cut in 2 or 3-inch lengths, in a saucepan with 1 chopped onion and tomato, 4 or 5 sliced potatoes, 2 cloves

of garlic, 1 bayleaf, a sprig of fennel, a strip of orange peel, a small stick of celery, and a sprig of parsley. Season with salt and pepper, moisten with oil, barely cover with boiling water, and boil on a very quick fire. Serve the fish on a separate dish and pour the soup over slices of bread.

This soup can be prepared—in various ways—with only one kind of fish, or without the potatoes, and the fish is sometimes served with Aioli or Rouille, both popular sauces in Provence.

### APPLE SOUP

This cold apple soup, although very popular in Russia, is of Polish origin.

*Ingredients:* 6 large apples, 1 bottle of claret, the juice of 1 lemon, 2 tablespoons of sugar, 1 tablespoon of blackcurrant jelly, a few strips of lemon peel, a pinch of cinnamon and some breadcrumbs.

*Method:* Peel and core the apples, slice them and put in a saucepan of boiling water with the lemon peel, cinnamon and 2 tablespoons of breadcrumbs. Simmer till the apples are quite tender, drain, and rub through a sieve into a basin. When cold, pour the claret over this purée, add the lemon juice, the sugar, blackcurrant jelly, previously dissolved, and a little more cinnamon.

This soup is usually garnished with the following: Peel and core 1 or 2 apples, and grate or chop them very finely. Moisten with 1 tablespoon of claret, add a little sugar, breadcrumbs and grated lemon rind, and bind with 1 or 2 eggs. Shape into small balls about the size of a marble, poach in boiling water for about 20 minutes and, when cold, add to the apple soup.

### ARTICHOKE SOUP

*(Potage Purée Palestine)*

*Ingredients:* 1½ lbs. of Jerusalem artichokes (when scraped), 3 ozs. of onions, 1½ ozs. of butter, ½ pint of boiled milk, 1 pint of warm water, 6 tablespoons of cold milk, the yolks of 2 eggs diluted with 6 tablespoons of cream, 1 teaspoon of chopped chervil, 5 or 6 grilled chopped hazel nuts (optional), 1 level tablespoon of flour, salt, a little sugar, a few croûtons of fried bread.

*Method:* Scrape or pare the artichokes, quarter them and cut in thin slices. Peel the onions and slice thinly. Melt the butter in a saucepan, add the sliced onion, and cook slowly for a few minutes, without browning. Add the artichokes and simmer for another 15 minutes. Shell the nuts, blanch and grill them, chop finely and sprinkle over the artichokes. Add the warm water, the salt and sugar, bring to the boil, cover and simmer for about 20 minutes. Pour the contents of the saucepan in a

basin through a sieve and rub the artichokes, etc., through the sieve. Rinse the saucepan, replace the purée in it, add the boiled milk, and mix all thoroughly with a wooden spoon. Mix the flour with the cold milk, and stir this into the soup. Bring to the boil, stirring continuously, and simmer for about 5 minutes. Then add the egg and cream thickening, strain through a coarse sieve into the soup tureen or into the soup plates, and add the chervil and the croûtons.

### ARTICHOKE SOUP (Globe Artichokes)

(*Crème d'Artichauts à la Noisette*)

*Ingredients* (for 1 quart of soup): The bottoms of 8 medium-sized artichokes, 1½ pints of thin Béchamel sauce (p. 52), 1 gill of white stock, butter, 3 or 4 tablespoons of cream, 4 or 5 grilled and blanched hazel nuts.

*Method:* Blanch the artichoke bottoms in salted water till tender, drain and cook in a little butter, and chop 6 of them finely. Add to the hot Béchamel sauce with the finely-chopped hazel nuts and simmer for 10 minutes. Rub through a sieve, replace in a saucepan, add the hot white stock, stir, and just before serving add the cream. Garnish with the remaining 2 artichoke bottoms, cut in small dice.

### ASPARAGUS CREAM

*Ingredients:* 1 bundle of asparagus (medium size) consisting of about 50 heads, 1½ pints of thin Béchamel sauce (p. 52), 1 gill of veal or chicken stock, butter, 3 or 4 tablespoons of cream.

*Method:* Cut the green part from the asparagus and break off the tips. Blanch the green parts in boiling salted water, drain, and put in a saucepan with a little butter. Simmer, without browning, till tender. Add to the hot Béchamel sauce and simmer for 10 minutes. Pour the contents of the saucepan into a basin through a sieve, rub the asparagus through the sieve, and replace the whole in the well-rinsed saucepan. When hot, add the stock, cook for a few minutes longer and, just before serving, stir in the cream. Garnish with the asparagus tips, boiled in salted water and well drained.

### BAKED BEAN SOUP

*Ingredients:* ¾ pints of baked beans, ½ pint of tomato pulp, 1 small onion, 2 sticks of celery, butter, flour, chilli sauce or Tabasco, salt and pepper.

*Method:* Put the beans, the chopped celery and sliced onion in a saucepan and cover with 3 pints of water. Bring to the boil and simmer for about 40 minutes till the beans are tender. Then rub through a sieve, replace the purée in a saucepan,

add the tomato pulp and seasoning of salt, pepper and chilli or Tabasco sauce. If necessary, thicken with a little butter and flour worked together. Stir and cook for 5 minutes longer.

### BARLEY SOUP

(*Crème d'Orge*)

*Ingredients:* 10 ozs. of pearl barley, 1 quart of white stock, 6 tablespoons of cream, 1 stick of celery.

*Method:* Wash the pearl barley in several waters, put it in the boiling stock and simmer gently for 3 hours. Rub through a sieve, replace in the rinsed saucepan and, before serving, stir in the cream. Garnish with 1 or 2 tablespoons of pearl barley, previously boiled till tender in a little stock.

### BEER SOUP (German)

*Ingredients:* 1 quart of ale, the juice of  $\frac{1}{2}$  a lemon, a little lemon peel, 1 stick of cinnamon, 1 tablespoon of potato flour, salt and sugar to taste.

*Method:* Put the ale in a saucepan with the lemon juice, the lemon peel finely shredded, the cinnamon, and season to taste. Stir continuously and, when hot but not boiling, add the potato flour diluted with a little of the hot soup. Stir in and serve.

### BEETROOT CREAM

*Ingredients:* To every  $\frac{1}{2}$  pint of beetroot purée allow 1 pint of Béchamel sauce (p. 52), 1 gill of veal stock or milk, and 1 gill of cream, a pinch of sugar, croûtons of fried bread.

*Method:* Boil the beetroot till tender, drain and skin carefully. Then rub it through a sieve and add it to the hot Béchamel, sugar and the stock or milk. Stir well and simmer for 20 minutes. Just before serving, remove the saucepan from the fire and stir in the cream. Serve with croûtons of fried bread.

### BORTCH (Russian)

(*Beetroot Soup*)

This characteristic Russian soup can be made in various ways—with meat, poultry, fish or vegetable stock, but the foundation is always beetroot, which is usually in Russia prepared in the same manner as sauerkraut. I give the most popular version.

*Ingredients:* 4 large uncooked beetroot, 1 quart of good stock, 6 tablespoons of sour cream, salt and pepper.

*Method:* Wash and clean the beetroot and shred finely. Melt a little butter in a saucepan and, when hot, add the beetroot. Simmer for about 20 minutes, but without browning. Then stir in a little hot stock and, when this is absorbed, stir in more stock and repeat the process till the beetroot is quite tender.

Add the contents of the pan to the remaining hot stock, simmer for another 30 minutes and strain. Just before serving add the sour cream. The cream is sometimes served in a sauceboat and added to the soup at table, according to taste.

### BIRDS' NEST SOUP (1) (Chinese)

*Ingredients:* 2 ozs. of birds' nest (a Chinese product), 10 ozs. of chicken, 1 oz. of Chinese ham, 2 ozs. of white mushrooms, 2 ozs. of bamboo shoots, stock, salt, pepper, sesame oil, Chinese or Shoyu sauce.

*Method:* Soak the birds' nest in water for 3 hours. Put in a saucepan of boiling water and cook for 5 minutes, drain and put on a deep dish. Over it put 6 ozs. of chopped chicken. Stand the dish in a saucepan of hot water and steam for 6 hours. Remove the chicken, which is of no further use. Cut 4 ozs. of uncooked chicken, the bamboo sprouts, the mushrooms and ham into very small dice. Put the birds' nest in a saucepan and cover with stock. Boil for a few minutes, add the bamboo shoots, the chicken, ham and mushrooms, and season with a little salt and pepper and a few drops of sesame oil. Serve with Chinese sauce.

In China stock is made with chicken, pork and chicken and pork bones, which are simmered for 6 hours.

### BIRDS' NEST SOUP (2) (European version)

In this version the birds' nest, having been thoroughly cleaned and soaked in cold water for several hours, is poached till tender and added to strong chicken stock or chicken consommé (pp. 108, 110).

### BISQUE D'ÉCREVISSES (1)

#### (Crayfish Soup)

The traditional recipe for this famous soup is made with live crayfish, or Dublin prawns. I will give an alternative version—after giving the traditional one—as many inexperienced cooks or housewives may be reluctant to cook live shellfish.

*Ingredients:* 30 live crayfish or Dublin prawns, each weighing  $1\frac{1}{2}$  ozs., 2 ozs. each of carrots and onions,  $3\frac{1}{2}$  ozs. of rice, 3 pints of veal consommé (p. 110), 5 ozs. of butter,  $\frac{1}{2}$  pint of white wine, 1 tablespoon of brandy, 1 or 2 sprigs of thyme, parsley, 1 bayleaf, salt and cayenne pepper.

*Method:* Melt a little butter in a large saucepan, add the shredded vegetables and the herbs and simmer gently for about 15 minutes, but without browning. Put in the crayfish and cook till they turn red, tossing frequently, so that they will be evenly coloured. Season with salt and pepper, add the brandy and the white wine, and cook till slightly reduced. Then add

just over  $\frac{1}{2}$  pint of the consommé, cover the saucepan, bring to the boil and simmer for 10 minutes. Remove from the saucepan and shell the crayfish, with the exception of 8 of them, which should be kept for the crayfish butter. Also keep about 12 whole shells, after removing the flesh. Strain the vegetables (but keep the stock) and pound in a mortar with the crayfish shells. Add the rice, previously cooked till quite soft, in  $\frac{3}{4}$  pints of consommé, and put all in a basin. Add the stock in which the vegetables and crayfish were cooked, and rub the whole through a sieve. Put in a clean saucepan, dilute with  $\frac{1}{2}$  pint of consommé, bring to the boil, whisking continuously with a whisk, remove from the fire and add the crayfish butter, divided in small pieces. Season with cayenne and add a few crayfish tails, cut in dice, and the whole crayfish tails, garnished with fish forcemeat.

### BISQUE D'ÉCREVISSES (2)

*(Crayfish Soup, a simplified version)*

Proceed as in the foregoing recipe, but adding the meat of half the already cooked crayfish to the vegetables and simmering for a few minutes. Then pound in a mortar, adding the cooked rice, etc. Garnish in the same manner as in the preceding recipe.

### BISQUE DE CREVETTES

*(Prawn Soup)*

Proceed as in the foregoing recipes, but using 1 pint of prawns. Garnish with a few shelled prawns.

### BISQUE DE HOMARD (1)

*(Lobster Soup)*

This is made in the same way as the Bisque d'Écrevisses, using  $2\frac{1}{2}$  lbs. of small lobsters. The garnish consists of a little lobster meat cut in dice.

### BISQUE DE HOMARD (2) (a simplified version)

*(Lobster Soup)*

*Ingredients:*  $2\frac{1}{2}$  lbs. of small cooked lobsters, 2 ozs. each of carrots and onions,  $3\frac{1}{2}$  ozs. of rice,  $2\frac{1}{2}$  pints of veal or fish stock or water, 6 tablespoons of white wine, 1 tablespoon of brandy, the yolks of 2 eggs, 4 tablespoons of cream, 1 or 2 sprigs of thyme, parsley, 1 bayleaf, salt and cayenne pepper.

*Method:* Melt a little butter in a saucepan and add the shredded vegetables and herbs and simmer for 15 minutes, without browning. Remove all the meat from the lobsters and chop coarsely, and put in the saucepan with the vegetables, keeping a few pieces as a garnish for the finished soup. Add the rice, cooked till soft in stock, the white wine and brandy and season with salt. Simmer



and stir for about 15 minutes. Then strain through a sieve and pound the vegetables, lobster and rice in a mortar and rub through a sieve. Put this purée in a saucepan with the wine, hot stock or water, bring to the boil, and stir or whisk for a few minutes, so that the purée and liquid are well blended. Then simmer for 20 minutes. Remove from the fire and add the yolks of egg, diluted with the cream and a few tablespoons of the hot stock, season with cayenne and add the pieces of lobster.

### BONNE FEMME SOUP

*Ingredients:* 5 medium-sized leeks, 1 lb. of potatoes, 2½ ozs. of butter, 3½ pints of warm water or light stock, salt and pepper.

*Method:* Shred the white part of the leeks. Melt a little butter in a saucepan and when hot add the leeks. Cook for about 15 to 20 minutes, till the leeks are tender, but without browning. Add the warm water or stock and the potatoes, peeled and cut in thin slices. Simmer for about 1 hour and, just before serving, add the rest of the butter, divided in small pieces.

### BOTWINIA (Polish and Russian)

*(Beetroot, Spinach and Sorrel Soup)*

*Ingredients:* 1½ lbs. of spinach, ½ lb. of sorrel, ½ lb. of beetroot tops, 4 tablespoons of pickled beetroot juice, 1 quart of white wine, 1 tablespoon of vinegar, 1 teaspoon of chopped fennel, the same of tarragon, a few slices of Dutch cucumber, cold salmon, crayfish, grated horseradish, lumps of ice.

*Method:* Chop the spinach, sorrel and beetroot tops and cook in a little butter till tender. Rub through a sieve, add the beetroot juice, the white wine and the vinegar, and season with salt and pepper. Add a few lumps of ice and serve, separately, pieces of cold salmon, chopped Dutch cucumbers, grated horseradish and crayfish tails, which are added to the soup at table according to individual taste.

### BOUILLABAISSE

*(Provençal Fish Soup)*

As many of the fish used in the making of this famous soup are not obtainable in England, I have substituted some of our more common fish.

*Ingredients:* A small lobster or langouste, fresh haddock, turbot or brill, gurnet, bream, whiting, eel, crab (the weight of the fish should be altogether 2 lbs. when the meat has been removed from the lobster or langouste and crab), 2 large onions, 3 cloves of garlic, 2 tomatoes, ¼ sprig of thyme, 1 of fennel, 1 bayleaf, a strip of orange peel, ½ tumbler of oil, 1 coffee-spoon of saffron, and sufficient hot water to well cover the fish. Slices of bread.

*Method:* Cut the fish into 2-inch lengths. Keep the coarse and

the more delicate fish separate. Put the chopped onion, the garlic, well crushed with the blade of a knife, and the chopped tomatoes in a saucepan with the oil, the herbs and orange peel. Add the coarser varieties of fish, cover with boiling water, and cook for 5 minutes on a very quick fire. Then put in the remaining fish, continue boiling fast for another 5 minutes—10 minutes fast boiling altogether. Remove from the fire, strain the liquid into soup plates over slices of bread, arrange the fish on a hot dish, sprinkle with chopped parsley, and serve at the same time. The fish is sometimes put on the bread in the soup plates. The object of fast boiling is that the oil and water will blend thoroughly.

### BOUILLABAISSE BORGNE

Chop 1 medium-sized onion and leek and put in a saucepan with 3 or 4 tablespoons of oil, and cook lightly. Add 1 large chopped tomato, 3 or 4 cloves of garlic, crushed with the blade of a knife, a sprig of fennel, a herb bouquet, a strip of orange peel; cover with 1 quart of boiling water, season highly with salt and pepper, add a good pinch of saffron, and 1 lb. of thinly sliced potatoes. Boil on a brisk fire till the potatoes are cooked, but they should not be over-cooked or they will break. A few minutes before serving carefully break a few eggs in the soup and poach them. To serve, put the potatoes on a hot dish, with the poached eggs over them, and strain the soup into either a tureen or a deep dish over thick slices of bread.

### BREAD SOUP (1) (Austrian)

*Ingredients:* A few slices of stale bread, preferably the crust, 1½ pints of veal stock, 2 or 3 eggs, sausages or smoked meat, parsley, salt and pepper.

*Method:* If the bread is not quite dry put it in a slow oven till it is crisp. Break the bread in small pieces, put it in a saucepan and pour the lukewarm stock over it. Let it stand for 10 minutes, so that the bread gets thoroughly soaked with the stock. Then put on the fire and stir till the mixture comes to the boil. Season with salt and pepper and simmer for 30 minutes. The soup should be perfectly smooth, and any pieces of bread which have not been absorbed in the liquid should be crushed with the back of a spoon. Five minutes before serving, beat the yolk of an egg in a basin, stir with 1 or 2 tablespoons of the hot stock and add to the soup, which must not be boiling. Slices of hardboiled egg and previously cooked sausages or smoked meat are added 5 minutes before serving, and finally a sprinkling of chopped parsley.

### BREAD SOUP (2) OR SOUPE À LA PANADE

Break ½ lb. of stale bread into small pieces and put in a saucepan with 1½ pints of water. Season with salt, bring to the boil on

a slow fire, and simmer very gently for 1 hour, stirring occasionally. A few minutes before serving stir in 3 or 4 tablespoons of cream, being careful not to let the soup boil. If liked, the soup can be flavoured with either 1 or 2 sticks of celery or 1 or 2 leeks, or both, which are allowed to cook with the bread.

### BREAD SOUP WITH SORREL

Proceed exactly as in the foregoing recipe, but add a handful of finely chopped sorrel and simmer with the bread. A few minutes before serving stir in the yolk of 1 or 2 eggs, lightly beaten in a basin with a little milk.

### BROAD BEAN PURÉE

(*Purée de Fèves*)

*Ingredients:* 1½ lbs. of broad beans (shelled), 1 quart of boiling water, 2 or 3 sprigs of summer savoury (or a sprig of fresh thyme), just under ½ pint of milk, 1 coffee-spoon of arrowroot, salt, butter.

*Method:* Cook the shelled broad beans in boiling water, with the savoury or thyme, till tender. Drain, but keep the water in which they were cooked. Keep about 30 whole beans as a garnish for the soup. Rub the remaining beans through a sieve, replace in the saucepan, add the water in which they were cooked, bring to the boil, and simmer for 10 minutes. Season with salt. Add the thickening or *liaison* of arrowroot, diluted with the cold milk, bring to the boil once more, and stir well. Remove from the fire, add a small piece of butter and the broad beans reserved as a garnish.

This soup can also be made as a cream or a velouté (pp. 113, 112).

### BROAD BEAN SOUP

Boil 2 lbs. of young broad beans till quite tender in salted water, drain and rub through a sieve. Put in a saucepan, add 1½ pints of stock, stir well and simmer for 20 to 25 minutes, seasoning with salt and pepper if necessary. Small pieces of cooked chicken or game can be added to the soup a few minutes before serving.

### BRUNOISE CONSOMMÉ

*Ingredients:* To every quart of stock allow 4 ozs. of carrots, 2 ozs. of turnips, 1½ medium-sized leeks, 1 small stick of celery, ½ a small onion, 1 tablespoon of cooked peas, the same of French beans, and a little chervil.

*Method:* Cut the vegetables into small dice or cubes; season with salt and a pinch of sugar and simmer in a little butter for 15 to 20 minutes. Add ½ pint of boiling stock and simmer till the vegetables are quite tender. Add the remaining hot

stock or consommé, the cooked peas, the beans, cut in small squares, and the coarsely chopped chervil and serve.

Rice, pearl barley, tapioca, quenelles, etc., are sometimes added to this soup, in which case a smaller proportion of vegetables is used (Brunoise p. 30).

### BRUNOISE (without stock)

The same ingredients and the same amount of boiling water, instead of stock, as in the recipe for Brunoise Consommé. In this case, however, the vegetables (with the exception of the peas and beans) should be well browned in the butter before any water is added. When well browned add  $\frac{1}{2}$  pint of water, cook till the vegetables are quite tender, and add the remaining boiling water and simmer for 1 to  $1\frac{1}{2}$  hours.

### BRUSSELS SPROUTS SOUP À LA FLAMANDE

*Ingredients:*  $2\frac{1}{2}$  lbs. of Brussels sprouts, 1 lb. of potatoes,  $1\frac{1}{2}$  pints of stock, preferably veal stock or light stock, 1 oz. of butter, salt and pepper.

*Method:* Wash and pick the sprouts and boil in a large saucepan of salted water till quite tender. Drain and rub through a sieve into a basin. Boil the potatoes in their skins and, when tender, drain, peel and also rub through a sieve and mix with the Brussels sprouts purée. Melt 1 oz. of butter in a saucepan and add the mixed Brussels sprouts and potato purées. Stir over a very slow fire and simmer very gently for 10 minutes. Then add the hot stock, season with salt and pepper, stir, and simmer for 20 minutes. Garnish the soup with a few small cooked sprouts.

### BUTTERMILK SOUP

Melt 1 oz. of butter in a saucepan and stir in 1 oz. of flour, but without browning. Add gradually  $\frac{1}{2}$  pint of warm buttermilk and stir over a very slow fire till the mixture is quite smooth and free from lumps. Add 1 quart of hot veal stock and simmer for 15 minutes.

### CABBAGE SOUP (Plain)

Cook the cabbage in boiling salted water with a small sliced onion. When very tender remove from the water, drain and rub through a sieve. Dilute this purée with a little of the water in which the cabbage was boiled, replace in the saucepan, add a little milk, season with salt and pepper and simmer for 10 minutes. Serve with croûtons of fried bread (p. 25).

### CABBAGE AND SALT PORK SOUP (French Garbure)

*Ingredients:* 1 lb. of salt pork, 1 cabbage,  $\frac{1}{2}$  pint of haricot beans, previously soaked, 3 or 4 large potatoes, 1 large turnip, 1 or 2 leeks, 2 onions, 1 clove of garlic, a sprig of thyme, salt and pepper.

*Method:* Blanch the cabbage and quarter it. Put it in a saucepan with the haricot beans, the potatoes, peeled and halved, the sliced carrots, turnip, leeks, onions, garlic, and cover with cold water. Season with salt and pepper. Bring to the boil and simmer gently for  $1\frac{1}{2}$  hours. Then add the pork and simmer for another hour, or till the pork is quite tender. Put a slice of bread, previously lightly browned in butter, in each soup plate, and pour the purée of vegetables over it. The pork is usually served separately.

### CABBAGE SOUP (Austrian)

*Ingredients:* Stock, 1 or 2 cabbages, fried sausages or boiled smoked sausage, flour, fat, a few caraway seeds, salt and pepper.

*Method:* Shred the cabbage and brown in a little hot fat. Sprinkle with a little flour, stir well and cook till the flour begins to brown. Pour boiling stock over the cabbage, season with salt and pepper and simmer for 1 hour. Before serving add slices of either fried sausages or boiled smoked sausage.

### CALDO GALLEGO (Galician Soup)

*Ingredients:* 2 lbs. of haricot beans, a ham bone weighing about 1 lb., 1 or 2 beef bones of the same weight, 1 cabbage, a few potatoes, 1 tablespoon of lard or dripping, 1 of flour, water, salt and pepper.

*Method:* Put 4 quarts of water in a large saucepan with the beans, previously soaked, the ham and beef bones. Bring to the boil and simmer for 3 hours. After 2 hours, add the cabbage evenly shredded, the potatoes, peeled and quartered, and a thickening made with the flour and fat. Add a little salt and pepper and continue simmering for 1 hour longer.

### CARAWAY SOUP

Melt 2 ozs. of butter in a saucepan, add 1 oz. of flour gradually and stir till it browns. Mix in 1 teaspoon of caraway seeds, and pour in about  $1\frac{1}{2}$  pints boiling water, stirring well. Simmer for 30 minutes, strain and add 2 or 3 tablespoons of macaroni, cut in inch lengths and previously boiled. Season with salt and pepper and simmer for a few minutes. Croûtons of fried bread are sometimes added to the soup.

### CELERY SOUP

*Ingredients:* 1 lb. of the white part of a few heads of celery, 2 pints of light stock,  $\frac{1}{2}$  lb. of potatoes or 3 ozs. of rice for the thickening, butter.

*Method:* Shred the celery and blanch in boiling salted water for a few minutes. Drain thoroughly, simmer in butter till tender, but without browning, add the hot stock and the sliced

potatoes or cooked rice, and simmer for 30 minutes. Rub through a sieve, replace in the saucepan, bring to the boil and remove from the fire. Add a little butter, divided in small pieces.

### CHESTNUT SOUP

(*Purée de Marrons*)

*Ingredients:* 3 or 4 dozen chestnuts, 1 oz. of gammon, cut in dice, 1 large potato, 1 or 2 carrots, 1 bayleaf, water, stock, salt, pepper, croûtons of fried bread.

*Method:* Shell the chestnuts, put them in cold water with a little salt and bring to the boil. Remove from the water and peel carefully. Put them in a saucepan with the carrots, cut in half, the potato, cut in 2 or 3 pieces, and the seasoning. Add 1 pint of water and simmer till the chestnuts are quite tender. Then rub the chestnuts, the carrots and potato through a sieve, put this purée in a saucepan and add a little hot stock to thin the purée. Stir well, simmer for a few minutes, and serve with croûtons of fried bread. A little sugar may be added to the soup.

### CHESTNUT SOUP À L'AUVERGNATE

Prick 1½ lbs. of large chestnuts and put them in boiling water and boil for a few minutes. Shell and skin them, put them in a saucepan with 3 pints of water, a stick of celery, season with salt and bring to the boil. Simmer till the chestnuts are quite tender. Rub through a sieve, put the purée in a saucepan and thin to the right consistency with a little boiling milk. Put a few slices of bread in the soup tureen and pour the soup over them.

### CHŁODNIK (Polish)

(*Salt Cucumber Soup*)

*Ingredients:* 3 pints of sour cream, ½ pint of pickled cucumber juice or pickled beetroot juice, 6 ozs. of cooked veal, 6 ozs. of fresh beetroot tops, a little under 1 oz. of dill, 1 teaspoon of chives, 30 Dublin prawns, 6 hardboiled eggs, 2 fresh and 1 salt cucumber, salt and pepper.

*Method:* Cook the beetroot and, when very tender, remove from the water and rub through a sieve. Add the chopped beet tops and cover with either the cucumber or beet juice. Stand for 1 hour in a warm place. Then stir in the sour cream gradually, add the veal, cut in dice, the chopped dill and chives, the shelled prawns, the sliced cucumber, the hard-boiled eggs (quartered), and season with salt and pepper.

This soup should be well iced. The veal, prawns, etc., are sometimes served separately and added according to individual taste.

**CLAM CHOWDER (American)**

*Ingredients:* 2 pints of clams, 3 or 4 potatoes, cut in 1-inch lengths, 1 oz. of fat salt pork, 1 sliced onion, 4 cups of boiled milk, 4 tablespoons of butter, salt, pepper, 8 "crackers" or biscuits.

*Method:* Clean the clams thoroughly and put them in a large saucepan with about 1 gill of water. Cook till the shells open. Remove the clams, bring the water in which they are cooked to the boil, and strain through a cloth. Chop the pork and the hard part of the clams, and cook in a little fat, adding the sliced onion and cooking till tender, but without browning. Peel the potatoes and blanch in salted water for 5 minutes. Drain and put some of them in a saucepan; over these put the chopped clams, season with salt and pepper and sprinkle with flour. Cover with the remaining potatoes; also sprinkle these with flour, salt and pepper, and add  $\frac{1}{2}$  pint of water. Simmer for about 10 minutes, then add the hot milk, the butter and the soft part of the clams, bring to the boil and add the biscuits, broken in small pieces and moistened with milk. Just before serving add the boiling water in which the clams were cooked, thickened by the addition of a little flour and butter.

**CHOWDER (New England fashion)**

*Ingredients:* 3 or 4 lbs. of fresh cod or haddock, 5 or 6 large potatoes, 1 oz. of salt pork, 1 onion, milk, salt and pepper, biscuits.

*Method:* Cut the pork into small pieces and chop the onion. Cook till tender but without browning. Slice the potatoes, which should have been previously blanched in boiling water, put a layer in a saucepan with a little of the pork and onion, then slices of fish, and continue in alternate layers till the fish, etc., have been used up. Season with salt and pepper, add about 1 pint of water, cover closely and simmer for about 45 minutes till the fish is tender. Add a few biscuits, broken in small pieces, and thin the chowder with a little boiling milk.

**COCK-A-LEEKIE (Scotch)**

*Ingredients:* 1 cock or fowl, 2 bunches of leeks, beef or veal stock, 10 or 12 prunes (optional), Jamaica pepper, and salt.

*Method:* Use only the white part of 2 bunches of large leeks. Cut into inch lengths and divide these in half. Put them in a saucepan with a closely fitting lid, together with the fowl, cover with the stock, season with salt and pepper, bring to the boil and skim carefully. Simmer for  $3\frac{1}{2}$  to 4 hours, till the bird is quite tender. About 30 minutes before serving add the prunes (if these are used). To serve, carve the fowl in small pieces, put

these in the soup tureen and pour the stock over them without straining

### FOULE SUDANI SOUP (African)

(*Cocoanut Soup*)

*Ingredients:* 4 ozs. of fresh grated cocoanut, 3 pints of white stock, 2 or 3 tablespoons of cream, salt and pepper.

*Method:* Grate the cocoanut, put in a basin and cover with stock. Stand for 1 hour. Put in a saucepan, cover with the remaining cold stock, bring to the boil and simmer for 1 hour, seasoning with salt and pepper. A few minutes before serving stir in the cream.

### CONSOMMÉS

(*Cold Consommés for Suppers*)

These cold consommés, which are served for suppers, are flavoured with various ingredients during the process of clarification (p. 111):

Consommé flavoured with celery: Allow 3 ozs. of chopped celery to every quart of consommé.

Consommé flavoured with tarragon: 10 or 12 large tarragon leaves to each quart.

Consommé with pimientos: Allow 1 level dessertspoon of finely chopped or pounded fresh or tinned pimiento to each quart of consommé.

Consommé à la Portugaise: Allow  $\frac{1}{2}$  pint of tomato purée to every quart of consommé, and 6 tablespoons of tomato juice. Simmer for 20 minutes, strain through a cloth and serve cold.

Consommé with wine: Add either sherry, Madeira, Marsala, etc., to the cold consommé, according to taste.

### CONSOMMÉ CROÛTE AU POT

This consists of stock, with the carrots, onions, and other vegetables which are used to flavour the stock cut in small pieces, as well as a small cabbage, which is added to the stock 30 minutes before serving. Slices of crust, cut from long-shaped dinner rolls and fried in butter, are placed in the soup tureen or in the soup plates, and the vegetables are put over them and the soup poured over the whole.

### CONSOMMÉ À LA REINE

This consists of Consommé thickened with Tapioca (p. 109) garnished with thin strips of breast of chicken and Royal garnish of chicken made as follows: Pound  $2\frac{1}{2}$  to 3 ozs. of the white meat from the chicken in a mortar, mix with  $1\frac{1}{2}$  tablespoons of thick Béchamel sauce, 3 tablespoons of Cream, and rub through a sieve. Then mix with one small whole egg and the yolks of 2, and season with salt and pepper. Shape into small *Quenelles* and poach in boiling salted water for 10 to 12 minutes.



### CORN SOUP (1) OR CHOWDER (American)

This can be made either with fresh corn on the cob, which should be boiled, or it can be made with tinned corn.

*Ingredients:* 2 breakfast cups of boiled or tinned corn, 3 or 4 potatoes, 1 onion,  $\frac{3}{4}$  pints of boiled milk, 1 oz. of salt pork, 2 tablespoons of butter, a few dry biscuits, salt and pepper.

*Method:* Chop the pork and fry, adding the sliced onion, and cook till tender, but without browning. Strain the fat into a saucepan, add the potatoes, cut in dice and previously blanched in salted water, cover with boiling water and boil till the potatoes are soft. Then add the corn, the hot milk and bring to the boil, seasoning with salt and pepper. Stir for a few minutes, adding the butter, divided in small pieces, and lastly the biscuits, previously soaked in milk.

### CORN SOUP (2)

(*Crème de Mais*)

Allow  $\frac{1}{4}$  of cooked corn to every  $\frac{3}{4}$  of thin Béchamel sauce (p. 52). Add the corn to the Béchamel sauce and simmer for 20 minutes. Rub through a sieve, replace in the saucepan, add a little white stock or milk, and finally add the cream (recipe for Creams, p. 113).

Garnish the soup with a little cooked corn.

### CRAB BROTH

(*Scotch Partan Bree*)

*Ingredients:* The meat from 2 medium-sized crabs, 4 ozs. of rice, 4 pints of white stock (preferably fish stock),  $\frac{1}{2}$  pint of cream.

*Method:* Reserve some of the meat from the claws for a garnish. Chop the remaining meat and pound in a mortar with the rice, previously boiled in milk till quite soft. When well pounded, rub through a sieve. Put in a saucepan and add the warmed stock gradually. Season with salt, pepper, and a few drops of anchovy essence. Stir till quite hot. Remove from the fire and stir in the warmed cream just before serving. Garnish with pieces of crab meat taken from the claws.

### CRAB SOUP (American)

*Ingredients:*  $\frac{3}{4}$  lbs. of cooked crab meat,  $\frac{3}{4}$  pints of tomato purée (p. 506), 1 medium-sized onion, 1 clove of garlic, 2 or 3 sprigs of parsley, thyme and marjoram, the juice of 1 lemon,  $3\frac{1}{4}$  pints of fish stock or water, salt, pepper and cayenne.

*Method:* Chop the onion and garlic finely and brown in a little hot butter. Add to the tomato purée. Put the tomato purée in a saucepan with the crab meat, the herbs, and the hot fish stock, season with salt and pepper, bring to the boil

and simmer for 45 minutes. Just before serving add the lemon juice.

### PURÉE CRÉCY (1)

(*Carrot Soup*)

*Ingredients:*  $\frac{3}{4}$  lbs. of thinly sliced carrots, 1 onion,  $3\frac{1}{2}$  ozs. of rice,  $2\frac{1}{2}$  pints of white stock, butter, salt, sugar, a sprig of thyme.

*Method:* Cook the sliced carrots and the sliced onion in butter till tender, but without browning, seasoning with salt, a little sugar and a sprig of thyme. Add 2 pints of hot stock, and the rice; bring to the boil and simmer, with the lid on, for 40 minutes. Rub through a sieve, replace in a saucepan, add the other  $\frac{1}{2}$  pint of hot stock, and simmer for 15 minutes. Remove from the fire and stir in  $1\frac{1}{2}$  ozs. of butter, divided in small pieces.

### PURÉE CRÉCY (2) À L'ANCIENNE

Proceed as in the foregoing recipe, but omitting the rice. Instead add 2 or 3 tablespoons of small croûtons (p. 25) to the soup before serving.

### CREAM SOUP

*Ingredients:* 1 pint of sour cream (this should not be too thick, and use cream that is just beginning to sour),  $\frac{1}{2}$  pint of green pea soup (p. 134), 2 or 3 onions,  $\frac{1}{2}$  teaspoon or less of caraway seed (according to taste), 1 tablespoon of flour, salt.

*Method:* Chop the onions finely, put them in a saucepan with butter and simmer till they are a golden colour. Sprinkle with the flour and stir till the flour also begins to colour. Add the warm green pea soup gradually, stir and simmer till it thickens. Remove from the fire and, after a few minutes, add the warm sour cream and stir well. Replace the saucepan on the fire, stir and simmer for 20 minutes. Season with salt and caraway seed. Garnish with croûtons of fried bread.

### PURÉE DUBARRY

(*Cauliflower Soup*)

*Ingredients:*  $1\frac{1}{2}$  lbs. of cauliflower (trimmed),  $\frac{3}{4}$  lbs. of potatoes,  $2\frac{1}{2}$  pints of milk, butter, salt, a few sprigs of chervil.

*Method:* Blanch the cauliflower and peel and quarter the potatoes. Put 2 pints of milk in a saucepan and, when boiling, add the cauliflower and potatoes. Season with salt. Simmer for 25 to 30 minutes, till the potatoes are soft. Rub through a sieve, replace the purée in a clean saucepan, add the other  $\frac{1}{2}$  pint of hot milk, and before serving add  $1\frac{1}{2}$  ozs. of butter, divided in small pieces, and garnish with sprigs of chervil.

This can also be made as a velouté or a cream (pp. 112, 113).

## EEL SOUP (1)

*Ingredients:* 1 medium-sized eel, 1 onion, 3 pints of fish stock or water, 1 tablespoon of tapioca, cooked till soft in a little fish stock or water, butter, salt, pepper, and a few sprigs of parsley.

*Method:* Slice the onion and fry in a little butter till lightly browned. Skin the eel and cut in 2 or 3-inch lengths, and add to the onion. When brown add the hot stock or water, season with salt and pepper, bring to the boil and simmer for 1 hour. Ten minutes before serving add the tapioca and stir. Garnish with sprigs of parsley.

## EEL SOUP (2) (Dutch)

Boil 6 ozs. of eel, cleaned and cut in small pieces, in 3 pints of water. When tender, remove the pieces of eel from the water, add 2 ozs. of capers and a few sprigs of parsley to the stock and bring to the boil. Simmer for 15 minutes, thicken with  $1\frac{1}{2}$  ozs. of butter worked with an equal quantity of butter, stir and simmer for another 10 minutes. Just before serving add the pieces of cooked eel.

## EEL SOUP (3) (French)

(*La Soupe aux Congres*)

*Ingredients:* 2 lbs. of conger eel, 4 tablespoons of tomato purée (p. 506), 2 onions, 3 or 4 potatoes, 1 or 2 cloves of garlic, mixed herbs, 1 small bayleaf, salt and pepper, water.

*Method:* Cut the eel in 3 or 4-inch lengths and sprinkle with salt (the French use *gros sel*, or coarse salt) and let stand for a few hours. Then wash the pieces of eel and lightly brown them in a little butter with the sliced onions. Next add the tomato purée, the hot water, the herbs and seasoning and simmer for about 1 hour, till the pieces of eel are quite tender. Quarter the potatoes and add to the soup 30 minutes before serving. The pieces of eel are sometimes left whole and eaten separately, or the eel is removed from the soup, skinned, and rubbed through a sieve—this purée being added to the soup.

## EEL SOUP (2) (German)

*Ingredients:*  $1\frac{1}{2}$  lbs. of eel,  $2\frac{1}{2}$  lbs. of lean beef, 1 lb. of pears, 1 onion, 2 carrots, 2 turnips,  $\frac{1}{2}$  lb. of sorrel, a little sage, tarragon, thyme, 1 cup of green peas,  $\frac{1}{2}$  cauliflower, 2 yolks of egg, white wine, vinegar, salt and pepper.

*Method:* Skin and bone the eel, cut it in 2 to 3-inch lengths, sprinkle with salt and let it stand for 2 hours. Cut the beef in small pieces, put it in a saucepan and cover with  $2\frac{1}{2}$  quarts of water; bring to the boil and skim. Now add the sliced carrots, turnips, the sorrel, herbs, salt and pepper and simmer for  $1\frac{1}{2}$  to 2

hours. Add 1 cupful of peas and the cauliflower, divided in clusters. Boil till the peas and cauliflower are tender. Put the eel in a saucepan, cover with cold water, a little vinegar, add 1 sliced onion, herbs, salt and pepper and bring to the boil. Simmer for 15 minutes till the eel is tender. Remove the pieces of eel, strain the fish stock into the meat stock, and simmer for another 15 minutes. Just before serving, add the yolks of 2 eggs, diluted with a little warm stock, and also the pears, which should have been peeled, cored and quartered and cooked till soft in white wine, with a strip of lemon peel.

### FAT BROSE (Scotch)

The Scotch word *brose* is the same as the English word *brewes* or *brewis*, and signifies bread soaked in gravy; it also means broth.

Scotch Fat Brose consists of fried or toasted oatmeal put in a basin with salt and pepper, and a ladleful of the almost pure boiling fat, which has risen to the surface when either an ox head, sheep's head or ox heel has been boiled, is poured over it. The mixture is well stirred and eaten at once. In former times this was called Yule Brose, and was always partaken of on Christmas, or Yule Day, morning.

### FISH SOUP (1)

(*Velouté de poisson*)

*Ingredients:* 1½ lbs. of different kinds of white fish, such as turbot, brill, halibut, sole, etc., 1 large onion, 2 pints of fish velouté (p. 73), butter, the juice of ½ a lemon, cayenne pepper.

*Method:* Cut the fish into 2-inch lengths, chop the onion finely, and cook in butter for 15 to 20 minutes, without browning and sprinkling with the juice of ½ a lemon. Add the fish velouté, stir and simmer for 30 minutes. Rub through a sieve, replace the soup in a saucepan, warm up and, just before serving, add 1½ ozs. of butter, divided in small pieces, and season with a dash of cayenne pepper.

### FISH SOUP (2)

*Ingredients:* 1½ lbs. of white fish cut in slices or steaks, 2 large onions, ½ lb. of tomatoes, 1 glass of white wine, mixed herbs, butter, salt, pepper, 3 pints of fish stock or water.

*Method:* Chop the onions and brown in butter. Add the finely chopped tomatoes and the mixed herbs, cook for 10 minutes, mixing well, and cover with the hot stock or water. Season with salt and pepper. Bring to the boil and simmer for 20 to 30 minutes till slightly reduced. Put in the slices of fish and simmer till these are tender, adding the white wine a few minutes before serving. Put a piece of toasted bread in each soup plate, lay a slice of fish on each, and pour a little of the soup over it.

## FISH SOUP (3) (Austrian)

*Ingredients:*  $\frac{1}{2}$  pint of green pea soup (p. 134),  $\frac{3}{4}$  pints of fish stock,  $\frac{1}{2}$  pint of vegetable stock, cooked fish, fish roe, a few tablespoons of sour cream, a few strips of lemon peel, 1 tablespoon of vinegar, salt and peppercorns.

*Method:* Mix the strained fish stock, the vegetable stock and the pea soup in a saucepan and stir thoroughly. Season with salt and peppercorns. Simmer for 15 minutes, and before serving add pieces of cooked fish, cooked fish roe, and the vinegar. When the soup is poured into the tureen add the sour cream and thin strips of lemon peel. Serve with croûtons of fried bread.

## FISH SOUP (4) (Majorca)

*Ingredients:* 2 pints of fish stock, 1 large onion, 4 tomatoes, 1 clove of garlic, 2 glasses of white wine, 1 tablespoon of Madeira, chopped parsley, salt, slices of toasted bread.

*Method:* Shred the onion finely and fry in hot oil to a golden colour, adding the tomatoes, cut in quarters, the garlic, parsley, Madeira and the 2 glasses of white wine. Stir well and let the wine reduce a little. Pour the hot fish stock over this, add the slices of toasted bread and simmer for 20 minutes.

## FISH SOUP (5) À LA MARSEILLAISE

*Ingredients:* 2½ lbs. of various kinds of fish, including shellfish, such as lobster, crayfish, etc., and eel, 2 leeks, 2 onions, 2 tomatoes, 2 cloves of garlic, a sprig of fennel, 1 bayleaf, 1 strip of orange peel, 3 or 4 tablespoons of oil, 1 lb. of thin spaghetti, a pinch of saffron, 3½ pints of water, salt and pepper.

*Method:* Chop the leeks and onions and brown lightly in oil. Add the chopped tomatoes and stir well, add the garlic, crushed with the blade of a knife, the fennel, bayleaf, orange peel, and finally the boiling water. Put in the fish, cut in 2 or 3-inch lengths, season with salt and pepper and boil on a quick fire for 15 minutes. Strain the soup through a sieve into another saucepan, crushing the pieces of fish with a wooden spoon, but without rubbing the fish through the sieve. Bring the soup to the boil, add the spaghetti and the saffron and simmer till the spaghetti is soft.

## FISH SOUP (6) (Plain)

*Ingredients:* 1½ lbs. of whiting or any white fish, 1 carrot, 1 onion, 1 gill of milk,  $\frac{1}{2}$  gill of cream, 2 yolks of egg, 1 oz. of butter, 1 oz. of flour, a few sprigs of parsley, a little lemon juice, 1 quart of water, salt and pepper.

*Method:* Cut the fish into small pieces with the bones, put in a saucepan with the sliced carrot and onion, cover with cold water and bring to the boil. Skim and add the seasoning of salt and

pepper. Simmer for 1 hour. Then strain into another saucepan, bring to the boil and add the butter, worked with the flour. Stir for a few minutes, remove the saucepan from the fire, and add the yolks of egg, beaten with the cream. Stir for a few minutes over a very slow fire without boiling. Just before serving add a little lemon juice and chopped parsley.

## FRENCH BEAN SOUP

(*Purée Cormeilles*)

*Ingredients:* 2½ lbs. of French beans, ½ lb. of potatoes, 2½ pints of veal stock, just over ½ pint of milk, 3 ozs. of butter, salt and pepper.

*Method:* Blanch the beans in boiling salted water for 5 minutes. Drain and put in a saucepan with 2 ozs. of butter and the potatoes, peeled and thinly sliced or chopped. Simmer gently for 20 minutes but without browning, stirring occasionally. Then add the hot stock and simmer till the potatoes and beans are quite soft, seasoning with salt and pepper. Strain through a sieve and rub the vegetables through the sieve. Put in a saucepan, add the boiling milk, simmer for a few minutes, and remove from the fire. Add the other oz. of butter, divided in small pieces, and serve. Garnish with a few coarsely chopped French beans, previously cooked.

## GAME PURÉE

*Ingredients:* 1½ lbs. of cooked game, 6 ozs. of lentils, 3½ pints of game stock (p. 111), butter.

*Method:* The game should be roasted, but kept underdone. When roasted, joint the game, put in a saucepan with the lentils, cover with the hot game stock, and bring to the boil. Simmer for 1½ to 2 hours, till the lentils are very tender. Strain, and remove all meat from the game. Pound in a mortar with the lentils. Replace in a saucepan, thin this purée with the stock in which the game and lentils were cooked, and bring to the boil. Remove the saucepan from the fire and stir in 1½ ozs. of butter, divided in small pieces. The purée can be garnished with small dice of cooked breast of whatever game has been used, or with small game quenelles.

## GARBURE WITH CHESTNUTS

Prick 2 dozen large chestnuts and put in boiling water for 5 to 8 minutes. Shell them and remove the skin, and cut them in half. Put them in a saucepan with a stick of celery, season with salt and pepper, and cover liberally with stock. Bring to the boil and simmer till the chestnuts are quite tender. Now put a layer of chestnuts either in a soup tureen which can be put in the oven, or in a deep dish, cover with thin slices of bread, and put another

layer of chestnuts, and finally a layer of bread. Pour the stock over the whole and put in a brisk oven for the bread to brown lightly.

### GARBURE À LA SAVOYARDE

Chop  $\frac{1}{4}$  lb. each of celeriac (celery may be used as a substitute), potatoes, onions and leeks, put in a saucepan with  $1\frac{1}{2}$  ozs. of butter and simmer for 20 minutes, without browning, stirring occasionally. Moisten with a little stock or water, season with salt and pepper and simmer till the vegetables are quite soft. Remove from the pan and crush with a fork into a purée. Spread a layer of this purée on slices of rye bread (or brown bread), sprinkle with grated cheese and brown in the oven. Fill soup plates with stock and in each put a slice of this bread on the soup.

### GARLIC SOUP

Put  $3\frac{1}{2}$  pints of water in a saucepan with 4 ozs. of cloves of garlic, peeled, a sprig or two of sage, 2 or 3 cloves,  $\frac{1}{2}$  oz. of salt and a little pepper. Bring to the boil and simmer for 20 minutes on a slow fire. Sprinkle a few slices of bread freely with grated cheese and put in the oven till the cheese has melted. Place the slices of bread in the soup tureen, moisten with a little oil and strain the garlic soup over them through a sieve, pressing the garlic with the back of a spoon, but without rubbing it through the sieve. Let stand for a minute or so to allow the bread to absorb the liquid.

### GARLIC SOUP À L'ESPAGNOLE

For each person allow 1 large clove of garlic, 1 thin slice of bread, 1 gill of water, a little oil. Fry the garlic in a little oil till it begins to colour, then add the bread, season with salt, pour the boiling water over this, boil for 1 minute and serve. A beaten egg is sometimes added.

### GIBLET SOUP

*Ingredients:* 2 sets of goose giblets, or 3 of chicken or duck, game stock, 1 stick of celery, thyme, parsley, marjoram, 1 bayleaf, flour, butter, sherry, salt and peppercorns, a pinch of allspice, rice or macaroni.

*Method:* Scald and clean the giblets carefully, split the heads, divide into small pieces, and crack the bones of the legs. Brown the giblets in a little butter, sprinkle with flour, and let this brown also. Cover with 3 pints of stock, bring to the boil, skim carefully, and add a few sprigs of the different herbs, a small stick of celery, the bayleaf, and season with salt, peppercorns and a pinch of allspice. Simmer for  $1\frac{1}{2}$  to 2 hours, till the giblets are quite tender. Strain the soup and pour back into the saucepan. Bring to the

boil, add sherry to taste and 1 tablespoon of cooked rice or boiled macaroni, cut in very small rings. Shredded celery is sometimes used as a garnish. A piece of beef can be added to the stock to make it richer, and sometimes small pieces of gibleet are left in the soup as a garnish.

### GIBLET SOUP À LA GASCOGNE

Put 2 cleaned and prepared sets of goose gibleets in a saucepan and cover with 2 quarts of cold water. Bring to the boil and skim thoroughly. Then add 3 tablespoons of pearl barley, 4 medium-sized carrots, 1 large turnip and 3 or 4 leeks, all cut in dice, salt, pepper, a pinch of nutmeg, cover and simmer for  $2\frac{1}{2}$  to 3 hours. Strain the soup into a soup tureen, crushing the vegetables with a spoon, and thicken with 2 or 3 tablespoons of cream. Add small pieces of the gibleets to the soup.

### GRAVY SOUP

*Ingredients:* 3 pints of beef stock,  $\frac{3}{4}$  lbs. of shin of beef or gravy beef, 1 or 2 onions, 1 large carrot, 1 stick of celery,  $\frac{1}{2}$  a bayleaf, a sprig of thyme and parsley, salt, peppercorns, flour and butter.

*Method:* Chop the meat and brown in a little hot butter. Add the sliced vegetables and cook till lightly browned. Cover with the hot stock, bring to the boil and simmer gently for  $2\frac{1}{2}$  to 3 hours. Strain the soup through a cloth, replace in the saucepan, bring to the boil, and thicken with a little flour worked with butter (p. 49). Stir well till blended with the soup and serve.

### GREEN PEA SOUP

*(Purée de Pois frais)*

*Ingredients:*  $1\frac{1}{2}$  pints of shelled peas, 2 pints of white stock, 3 ozs. butter, 1 tablespoon of sugar. A few sprigs of chervil.

*Method:* Boil the shelled peas till quite tender in salted water, to which 1 tablespoon of sugar has been added. Drain, rub through a sieve, put the purée in a saucepan, add the hot stock and stir. Simmer for 20 minutes. Before serving, add the butter, divided in small pieces, and garnish the soup with a few cooked peas and a few sprigs of chervil. These can be replaced by a few sprigs of fresh mint.

### GREEN PEA-POD CREAM

*Ingredients:* To every  $\frac{1}{2}$  pint of purée made from the pea-pods allow 1 pint of Béchamel sauce (p. 52), 1 gill of stock or milk, 1 gill of cream, 1 or 2 teaspoons of sugar (according to taste) and a garnish of a few cooked peas.

*Method:* It is preferable to use the pods of young peas. Put the pods in a saucepan of boiling salted water and boil for about  $1\frac{1}{2}$  to 2 hours, or till the pods are quite soft. Drain and rub



through a sieve. Add this purée to the hot Béchamel and stir in the stock or milk. Simmer for about 20 minutes. Just before serving, add the sugar, remove the saucepan from the fire and stir in the cream. Add a few cooked peas as a garnish.

### GUMBO (Creole)

*Ingredients:* 1 large boiling fowl, a slice of lean ham or gammon, 1 large onion,  $\frac{3}{4}$  lbs. of tomatoes, 1 lb. of okra pods (tinned), a sprig of thyme, parsley, 1 bayleaf,  $\frac{1}{2}$  a chilli pepper without the seeds, butter or lard, salt, pepper and cayenne. Rice.

*Method:* Divide the chicken into joints and cut the gammon into cubes. Put both in a saucepan and brown lightly in hot butter or lard. Chop the onion, brown in butter and add to the chicken and gammon. Add the quartered tomatoes, cover with 4 pints of warm water, season with salt, pepper, cayenne, the chopped chilli pepper, bring to the boil and simmer for 2 hours or till the chicken is tender. Half an hour before serving, add the okra pods, with a little of the liquid from the tin; and 10 minutes before serving remove the chicken from the stock, cut small slices from the breast, and put these in the soup. The remaining chicken can be utilized in various ways—for mayonnaise, rissoles, etc. Plain boiled rice is served with all gumbos.

### GUMBO WITH CRABS

*Ingredients:* 12 small crabs or 2 or 3 medium-sized crabs, 1 onion, 6 tomatoes, 1 lb. of okra pods (tinned), thyme, parsley, 1 bayleaf, butter or lard, salt and pepper.

*Method:* The crabs should be scalded and cleaned, but preferably not cooked beforehand. Cut the claws off, crack them, remove the body of the crab from the shell, clean, and cut in quarters. Melt a little butter or lard in a saucepan and, when hot, put in the crab and claws and cook till slightly coloured. Then add the skinned tomatoes, the chopped onion, the herbs, stirring and mixing, and let the onion brown slightly. Add the drained okra pods, finely sliced, cover with 2 quarts of boiling water and season with salt, pepper and a dash of cayenne. Simmer for 1 hour, till the crab meat is tender. Serve with plain boiled rice, quite dry, as for curry.

Care should be taken to break the claws sufficiently for the meat to be easily extracted, as each person is given one claw as well as a share of crab meat in the soup plate. In the case of large crabs the meat can be removed from the claws just before serving, as it is somewhat difficult to do this in the soup plates.

### GUMBO AUX HERBES

*Ingredients:* 2 or 3 lbs. of brisket of veal,  $\frac{3}{4}$  lbs. of lean ham or gammon, equal parts of the leaves of young cabbage, turnip

tops, radish tops, spinach, watercress, a little parsley, 1 large onion, thyme, marjoram, 1 bayleaf,  $\frac{1}{2}$  a red chilli pepper, 1 clove, allspice, butter or lard, salt and pepper.

*Method:* Remove the midrib from the cabbage leaves and pick and wash the spinach. Parboil these with the other greens and drain thoroughly, keeping the water in which they were boiled. Remove any fat from the brisket of veal and the ham, and cut the meat into 1-inch lengths. Put these in a saucepan and brown in hot butter or fat, adding the chopped onion. Chop the cabbage leaves and other greens finely, put them in the saucepan with the veal, etc., and cook till well browned. Then add the boiling water in which the vegetables were par-boiled—about  $2\frac{1}{2}$  quarts—the herbs, the chilli pepper, and season with salt and pepper. Bring to the boil and simmer for  $1\frac{1}{2}$  hours. Serve with plain boiled rice.

### HARE SOUP

*Ingredients:* 1 hare, 1 medium-sized onion, 1 carrot, 1 small turnip, 1 stick of celery, 1 sprig of thyme and parsley, 1 bayleaf, 3 quarts of light stock, butter, cornflour, 1 glass of port wine, salt and peppercorns.

*Method:* Carve the hare into small joints and brown thoroughly in butter with the sliced vegetables and herbs. Then add the warm stock and simmer gently for  $2\frac{1}{2}$  to 3 hours, adding salt and about 12 peppercorns. Strain, replace the strained stock in a saucepan, remove the meat from the bones, pound in a mortar, rub through a sieve, and add this purée to the stock. Finally, add 1 tablespoon of cornflour, diluted with a little hot stock, stir well and, just before serving, add the port wine. Small slices of cooked hare are sometimes added as a garnish.

### HARICOT BEAN PURÉE

(*Purée Compiègne*)

*Ingredients:* 12 ozs. of haricot beans, previously soaked in cold water for 3 or 4 hours, 1 medium-sized onion, 1 carrot, 4 ozs. of sorrel, mixed herbs, a few sprigs of chervil, a little under  $\frac{1}{2}$  pint of milk, salt and pepper.

*Method:* Put the beans in a large saucepan with the onion, lightly browned in butter, the carrot, the herbs, and cover with cold water. Season with salt and bring to the boil. Simmer till the beans are quite tender. Remove the herb bouquet and the carrot, drain the beans on a colander and rub through a sieve, or pound them in a mortar. Put them in a saucepan and thin the purée with a little of the water in which they were cooked and the boiling milk. Stir well, and just before serving add  $1\frac{1}{2}$  ozs. of butter divided in small pieces, and the sorrel,

previously cooked in butter and coarsely chopped, and the sprigs of chervil.

### HARICOT BEAN SOUP

*Ingredients:*  $\frac{1}{2}$  pint of small haricot beans, 2 pints of stock or water, 1 onion, 1 small stick of celery, butter, salt and pepper.

*Method:* Wash the haricot beans and soak in cold water for 12 hours. Slice the onion and shred the celery, put them in a saucepan with melted butter, add the haricot beans and simmer, without browning, for 20 minutes. Remove from the fire and let stand till cold. Replace on the fire, add the cold stock or water, bring to the boil, season with salt and pepper, and simmer till the beans are quite tender—this will take about  $2\frac{1}{2}$  to 3 hours. Strain, and rub the beans through a sieve. Put the purée back in the rinsed saucepan, thin to the right consistency with the stock, stir well and serve. Croûtons of fried bread are usually served separately.

### POTAGE AUX HERBES (French)

("Herb" Soup)

"Herbs" in France does not mean herbs as the word is generally understood in England, but also includes sorrel, lettuce, etc.

*Ingredients:*  $\frac{1}{4}$  lb. of sorrel,  $\frac{1}{2}$  a small lettuce (the outer leaves are not used), 1 heaped tablespoon of chervil, the yolks of 2 eggs,  $2\frac{1}{2}$  pints of stock, 1 tablespoon of butter, croûtons of fried bread, salt and pepper.

*Method:* Pick and wash the sorrel and the lettuce and cut in strips. Pick the chervil from the stalks and chop coarsely. Put all in a saucepan with a little butter and simmer gently for 30 minutes, till the vegetables are tender, but without browning. Now add the hot stock, cover the saucepan and simmer for another 30 minutes. Ten minutes before serving mix the yolks of egg in a basin with a little warm stock. Remove the saucepan from the fire, and add the egg mixture gradually. Replace the saucepan on the fire, stir the soup, and just before serving add  $1\frac{1}{2}$  ozs. of butter, divided in small pieces. Season with a little more salt and pepper, if necessary, and serve with croûtons of fried bread.

### HOCHEPOT (Flemish)

*Ingredients:*  $1\frac{1}{2}$  lbs. brisket of beef,  $1\frac{1}{2}$  lbs. of shoulder and breast of mutton,  $1\frac{1}{2}$  lbs. shoulder of veal,  $1\frac{1}{2}$  lbs. pigs' feet,  $\frac{3}{4}$  lbs. pigs' ears,  $\frac{1}{2}$  lb. pigs' tails, 1 cabbage, 3 ozs. of carrots, 4 leeks, 1 or 2 turnips, 3 or 4 sticks of celery, 12 small onions, 12 chipolata sausages, mixed herbs, salt and pepper, water.

*Method:* Put all the meat in a large glazed earthenware casserole or marmite, cover with cold water and bring to the boil.

Skim thoroughly. Add the vegetables, sliced or coarsely chopped, the cabbage cut in quarters, the outer leaves having been removed. Season with salt and pepper, add the herbs, cover the casserole and simmer for about 3 to 3½ hours, till the meat is tender. Add the sausages and simmer for another 30 minutes or a little longer. When ready, put the meat on a hot dish, drain the vegetables, chop, and garnish the dish with them, and pour a little of the stock over the whole. Serve the stock in a soup tureen and serve the meat afterwards as a separate course.

### INVALID SOUP

*Ingredients:* ½ lb. of the breast of a boiled chicken, 1 pint of milk, 5 yolks of eggs, 6 tablespoons of Marsala.

*Method:* Pound ½ lb. of the white meat or breast of a boiled chicken in a mortar or put it through the mincer. Put this purée in a basin, dilute with just over 1 gill of boiled milk, and rub through a sieve. Put this purée in a saucepan and add the remaining boiling milk, stirring well. Season with a little salt. Put the yolks of egg in a basin, beat lightly with a few tablespoons of the hot soup and stir them into the soup, being careful not to let the mixture boil. Just before serving add the Marsala wine.

### JULIENNE SOUP

The foundation of this can be either good stock or consommé, but when possible it is better to use the latter. The name "Julienne" indicates, not the actual vegetables which are used as a garnish, but the manner in which these are cut.

*Ingredients:* 3 pints of stock or consommé, 3 ozs. of carrots, 3 ozs. of turnips, 1 oz. of the white part of a leek, 1½ ozs. of onion, 1 oz. of celery, 2 tablespoons of peas (when in season), 2 ozs. of lettuce leaves (the white part or heart only), 2 ozs. of sorrel, butter, salt, pepper and a little sugar.

*Method:* Cut the carrots, the turnips and the celery in the manner described for Julienne (p. 30), and cut the leek and onion into very thin rings. Put these in a thick saucepan with a little butter and sprinkle with a little sugar and salt. Simmer very gently for about 20 to 30 minutes or more, stirring occasionally, till the vegetables are quite tender, but do not let them brown. Now add half the stock, bring to the boil gradually and skim carefully. Simmer for 30 minutes.

Meanwhile shred the lettuce and the sorrel, cook in a little butter till tender, add a few tablespoons of stock and boil for 5 minutes.

Now add the remaining stock or consommé to the vegetables, bring slowly to the boil and remove any grease that may appear

on the surface. Just before serving, add the cooked peas and the sorrel and lettuce.

The white part of a cabbage, finely shredded, is sometimes included in this soup, but is apt to spoil the flavour of the other vegetables. Asparagus tips, chervil and shredded French beans may also figure in a Julienne soup.

### KIDNEY SOUP (1)

*Ingredients:*  $\frac{1}{2}$  lb. of ox or veal kidneys,  $\frac{1}{2}$  lb. of lean beef, 3 pints of stock; 1 tablespoon of chopped onion, 1 oz. of butter, 1 oz. of flour, chopped parsley, salt and pepper; 3 tablespoons of Madeira.

*Method:* Remove all fat from the kidney and slice the latter. Cut the meat in small pieces and brown both in a little butter with the chopped onion and chopped parsley. Add the hot stock, bring to the boil and skim. Simmer for  $2\frac{1}{2}$  hours. Then strain, pound the meat and kidney in a mortar and rub through a sieve, put in a saucepan, add the hot stock, thicken with the mixed flour and butter, season well with salt and pepper, and just before serving add the Madeira.

### KIDNEY SOUP (2) (German)

*Ingredients:* 2 quarts of strong stock, 1 or 2 calves' kidneys, 2 or 3 shallots, 2 tablespoons of flour, 2 yolks of egg, mixed herbs, salt and pepper, 2 or 3 tablespoons of milk; croûtons of fried bread.

*Method:* Slice the calves' kidneys and cook in hot butter, with the chopped shallots and herbs, seasoning with salt and pepper. When slightly brown, sprinkle with flour and stir till the whole browns. Add the hot stock and simmer for 30 minutes. Before serving, dilute the yolks of egg with a little warm milk and stir into the soup. Serve with croûtons of fried bread.

### LA FABADA (Spanish)

*Ingredients:*  $2\frac{1}{2}$  lbs. of pickled salt beef, a small ham or  $\frac{1}{2}$  a large ham, 1 lb. of black pudding, 5 small sausages, 2 lbs. of haricot beans, water.

*Method:* Soak the ham and salted beef in cold water for 2 hours, then put them in a large saucepan, cover with cold water, bring to the boil and simmer gently for 2 hours. At the end of 1 hour add the haricot beans, previously cooked, and the black pudding and sausages. When done, the soup is served first with the haricot beans in it, and the meat and sausages are served as a separate course.

### LEEK CREAM

*Ingredients:*  $\frac{3}{4}$  lbs. of leeks,  $1\frac{1}{2}$  ozs. of butter, 1 oz. of flour,  $1\frac{1}{2}$  pints of milk, 1 gill of cream, salt and pepper.

*Method:* Remove only the tips of the leeks, as both the white part and the green part are used. Cut the leeks into thin rounds and put in a saucepan with a little butter and cook very gently, without browning, for 15 minutes, stirring occasionally. When quite soft, sprinkle with flour, mix well and cook for a few minutes, but without browning. Add half only of the given quantity of milk and simmer very gently for 15 minutes, till the leeks are quite tender. Strain into a basin and rub the leeks through a sieve. Put this purée into the saucepan, which should have been well rinsed, add the rest of the milk, season with salt and pepper and cook for another 5 minutes. Remove the saucepan from the fire and add the cream. Serve with croûtons of fried bread.

### LEEK SOUP (1) (Flemish)

Chop a handful of washed and picked sorrel, the same of chervil, 6 medium-sized leeks, 2 lettuce, and boil in a large saucepan, seasoning with salt and adding 6 medium-sized potatoes, peeled and quartered, a sprig of basil, a sprig of winter savoury, and a few peppercorns. Simmer very gently for 4 hours. Just before serving crush the potatoes with a fork.

### LEEK SOUP (2)

*Ingredients:* 4 pints of mutton broth (p. 144), 6 leeks (the white part only), 1 tablespoon of coarse oatmeal, salt and pepper.

*Method:* Put the broth in a saucepan, bring to the boil, sprinkle in the oatmeal and add the finely shredded leeks. Season with salt and pepper and simmer till the oatmeal is cooked and the leeks are quite tender.

### LENTIL SOUP

(*Purée Conti*)

*Ingredients:* 12 ozs. of lentils (previously soaked for 12 hours in cold water), 3 pints of water,  $1\frac{1}{2}$  ozs. of carrots,  $1\frac{1}{2}$  ozs. of onion,  $1\frac{1}{2}$  ozs. of fat gammon, 1 or 2 sprigs of parsley, thyme, a bayleaf,  $\frac{1}{2}$  pint of stock, butter, salt. A pinch of sugar, a few sprigs of chervil.

*Method:* Cut the vegetables in small dice, as well as the gammon, put in a saucepan with a little butter and cook for 8 to 10 minutes, but without browning. Put the lentils in a large saucepan, cover with the cold water, bring to the boil, and skim carefully. Then add the prepared vegetables and the gammon, the herb bouquet, and season with salt. Simmer for about 2 hours till the lentils are quite tender. Drain, but keep the water in which the lentils were boiled. Rub the lentils through a sieve, replace this purée in a saucepan, thin with a little of the water in which they were boiled, add the stock (or a little more of the

vegetable stock), season with a little sugar, bring to the boil, and skim. Just before serving add a lump of butter divided in small pieces, and garnish with sprigs of chervil.

### LETTUCE SOUP

(*Crème Choisy*)

*Ingredients:* 1 lb. of lettuce, 1½ pints of thin Béchamel sauce (p. 52), 6 tablespoons of white stock or milk, 2 tablespoons of cream, chervil, butter, salt, a little sugar.

*Method:* After washing the lettuces blanch in boiling, salted water for 5 minutes. Drain and dip in cold water. Drain again thoroughly and chop the lettuce coarsely. Add to the hot Béchamel and simmer till the lettuce is quite tender. Rub through a sieve, replace the purée in a saucepan, add the white stock or milk, season with salt and a little sugar and, lastly, stir in the cream. Garnish with a little chervil. Serve with croûtons of fried bread.

### PETITE MARMITE

*Ingredients:* 1 lb. of lean beef, 1 marrow bone, 1 set of chicken giblets, the bones and carcass of a chicken (if available), 3 pints of light stock, 3 ozs. of carrots, 3 ozs. of turnips, 1 or 2 large leeks, 1 stick of celery, a small cabbage, salt, peppercorns, thin slices of toasted bread.

*Method:* This should be served in the earthenware marmite in which it is made—hence the name. Proceed as in the making of stock (p. 108, first recipe), but do not chop the marrow bone. When the stock, with the beef, has been brought to the boil, skim and add the vegetables. When done, however, do not strain. Leave the stock and vegetables in the marmite, add the cabbage, cooked separately and quartered, remove the marrow from the bone, and add small lumps of it to the soup; carve the beef in thin slices, replace in the marmite and serve with thin slices of toast.

### MILK SOUP

*Ingredients:* 3 pints of milk, 1 small cabbage, 1 oz. of flour, 2 ozs. of butter, salt and pepper.

*Method:* Halve the cabbage and blanch in boiling salted water for 5 to 8 minutes. Drain and shred it finely. Put it in a saucepan with a little butter and simmer for 10 to 15 minutes, without browning. Add the boiling milk, simmer for 15 to 20 minutes, add a thickening made with the flour and butter, stir well till quite smooth, season with salt and pepper and serve.

### MINESTRONE (Italian)

(*Soup with Stock and Vegetables*)

*Ingredients:* 3 pints of good stock, ¼ lb. of salt pork (gammon),

$\frac{1}{2}$  lb. of fresh kidney beans,  $\frac{1}{2}$  lb. of peas, 1 or 2 sticks of celery, 1 small cabbage,  $\frac{1}{2}$  lb. of spinach, 3 or 4 carrots,  $\frac{1}{2}$  lb. of tomatoes, 1 small onion, a little sage,  $\frac{1}{2}$  cupful of rice, parsley, 1 or 2 cloves of garlic, 3 or 4 tablespoons of Parmesan cheese, salt and pepper.

*Method:* Put the stock in a large saucepan, bring to the boil and add the pork, cut in inch lengths, the beans, peas, cabbage and the spinach, finely chopped, as well as the carrots, celery, onion, sage, garlic, parsley, rice and chopped tomatoes. Stir well, season with salt and pepper and simmer till the vegetables are tender and have absorbed nearly all the stock. Finally stir in the Parmesan cheese. The soup should be very thick—more in the nature of a stew—and can be served either hot or cold.

### MOCK TURTLE SOUP (Thin)

*Ingredients:* Either a whole or half a calf's head, 1 lb. shin of beef or gravy beef, 1 or 2 lbs. of knuckle of veal, 1 or 2 onions, 1 or 2 carrots, 2 sticks of celery, a sprig or two of marjoram, sweet basil, rosemary, lemon juice, mushroom ketchup, sherry or Madeira, small forcemeat balls, salt and peppercorns.

*Method:* Clean the calf's head thoroughly and soak in cold water for 1 hour or more, changing the water frequently. Then put the calf's head in a large saucepan, cover with cold water, bring to the boil and skim carefully. Much scum will rise and it should be skimmed continually. Then simmer gently for 1 hour or longer, till the meat is quite tender. Remove from the water, take the flesh from the bones, keeping the best pieces to add to the soup later. Put the bones and the remainder of the flesh from the head in the same water, add 1 lb. of finely chopped beef, the knuckle of veal, bring to the boil and skim. Now add the sliced vegetables and herbs, the salt and a few peppercorns. Simmer gently for  $3\frac{1}{2}$  to 4 hours. Strain in a basin, stand till quite cold and remove the fat from the top. Put this stock in a saucepan, bring to the boil, add the pieces of calf's head cut in small rounds or squares, season with a little lemon juice, mushroom ketchup, cayenne pepper, and garnish with small balls made with hard-boiled eggs and forcemeat. Add the sherry or Madeira.

### MOCK TURTLE (Thick)

This is made in the same manner as thin Mock Turtle, but it is thickened with a little flour and butter worked together.

### MULLIGATAWNY SOUP (1)

*Ingredients:*  $1\frac{1}{2}$  to 2 lbs. of mutton, 2 onions, 1 or 2 carrots,  $\frac{1}{2}$  a small turnip, rice,  $1\frac{1}{2}$  tablespoons of flour, 1 tablespoon of curry



powder, parsley, thyme, 1 bayleaf, salt, 4 pints of weak stock or water, a little lemon juice.

*Method:* Slice the vegetables and fry in butter till a light brown; add the meat, cut in small pieces, and fry lightly. Sprinkle with the flour and curry powder, stir all well, add the warm stock or water, bring to the boil and skim thoroughly. Add the herbs, cover the saucepan, and simmer gently for 3 hours. Strain and either rub the meat through a sieve into the soup or add a few pieces of it to the liquid. Bring to the boil, add the juice of  $\frac{1}{2}$  a lemon, season with salt, and simmer for a few minutes longer. Plain boiled rice is served with this soup.

### MULLIGATAWNY SOUP (2)

*Ingredients:* 1 fowl, 4 pints of white stock, 1 small carrot, 2 onions, 1 stick of celery, 1 tablespoon of chopped mushroom peelings, parsley, 1 level tablespoon of curry powder, flour, butter, 1 gill of cream, salt, boiled rice.

*Method:* Joint the fowl in 8 or 10 pieces and put in a saucepan with the stock, 1 shredded onion and carrot, the mushroom peelings, the celery and a little salt. Bring to the boil and skim carefully. Simmer gently for  $1\frac{1}{2}$  to 2 hours, according to the size and age of the fowl. Chop the other onion finely and brown in a little butter, sprinkle it with the flour and curry powder, add gradually a few tablespoons of the chicken stock, and stir till quite smooth. Strain through a coarse sieve, put it back in a saucepan, and stir in the cream. To serve, put the pieces of chicken, carefully skinned, into the soup tureen, strain the stock over them and stir in the cream and curry mixture. Serve with boiled rice.

### MUSHROOM SOUP (1)

*Ingredients:* 1 lb. of mushrooms,  $\frac{1}{2}$  pint of thin Béchamel sauce (p. 52),  $\frac{3}{4}$  pints of chicken stock, a little lemon juice, butter, cream.

*Method:* Wash and peel the mushrooms and chop coarsely. Put them in a saucepan with a little butter and cook till tender, but without browning. Rub through a sieve and add to the hot Béchamel sauce. Stir over a slow fire for 8 or 10 minutes. Strain through a coarse sieve and add to the hot chicken stock, stir and simmer for a few minutes without allowing to boil; season with a little lemon juice, and lastly stir in 2 or 3 tablespoons of cream. Garnish with 1 tablespoon of cooked shredded mushrooms.

### MUSHROOM SOUP (2) (Polish)

*Ingredients:* 2 quarts of either meat or vegetable stock, 4 ozs.

of dried mushrooms, 2 ozs. of potato flour, 2 ozs. of butter, 6 tablespoons of sour cream, salt and pepper.

*Method:* Pour boiling water over the mushrooms and let them stand for a few minutes. Then boil them in the stock till tender, remove when done, chop and put them back in the stock. Melt the butter in a small saucepan, stir in the flour, but without browning, moisten with a few tablespoons of the hot stock and stir this into the soup. Just before serving add the sour cream. Plain boiled nouilles or ribbon macaroni sometimes accompany this Polish dish.

### MUSSEL SOUP

*Ingredients:* 4 or 5 dozen mussels, 1 onion, 1 leek (the white part only), 6 ozs. of rice to each quart of water, bayleaves, salt and pepper.

*Method:* Put the mussels in a saucepan with just under 1 quart of water, 1 chopped onion, and 1 or 2 bayleaves. Cover and cook for a few minutes till the shells are opened, then pour the liquid into a basin through a sieve. Remove the mussels from their shells and put them on a plate. Put a little butter in a saucepan and, when hot, add the finely chopped leek and cook till brown. Add the water in which the mussels were cooked, add the rice, and simmer till the rice is tender. Put in the mussels a few minutes before serving.

### MUTTON BROTH (Scotch)

*Ingredients:* 3 lbs. of mutton, 3 ozs. of Scotch barley, 1 cup of split peas, 2 or 3 sliced onions (leeks may be used instead of onions), 2 carrots, 2 turnips, cut in dice, parsley, salt and peppercorns.

*Method:* Put the meat in a saucepan and cover with 3 quarts of cold water. Bring to the boil, skim thoroughly, add the barley, the split peas (previously soaked for 12 hours), 1 tablespoon of salt and a few peppercorns. Simmer gently for 1 hour, then add the vegetables and parsley, and simmer for another 1½ hours, till the meat is quite tender. In Scotland the meat is usually served separately like the French *bouilli*, the sauce consisting of a little of the broth mixed with a little mustard and vinegar, or a sauce of pickled cucumbers, or nasturtium seeds warmed in butter.

### MUTTON SOUP

*Ingredients:* 3 lbs. of either shoulder or breast of mutton, 1 lb. of pickled pork, 3 leeks, 2 carrots, 1 small cabbage, 1 large onion, beans, 4 or 5 potatoes, a small stick of celery, salt and pepper.

*Method:* Put the mutton and pork in a large saucepan, cover with warm water, bring to the boil and skim. Then add the carrots, leeks, onion and celery, a handful of previously soaked haricot beans; season with salt and pepper, bring to the boil, cover and simmer for 3 to 4 hours. One hour before serving add the potatoes, peeled and quartered, and the cabbage. To serve, put a few slices of toasted bread in the soup tureen, cover them with a little cream, sprinkle with a little chervil, and strain the soup over them. Drain the meat and either serve as it is or grill the mutton and serve with the pickled pork and the vegetables.

### NETTLE SOUP (1) (Scotch)

The young tops should be gathered when from 6 to 8 inches high, and when picking them gloves should be worn to protect the hands. The nettles should be washed in running water, using a wooden spoon or stick, so as not to handle them. Drain and chop finely. Put them in a saucepan with a little water and simmer for about 10 minutes till tender. Then add 1 pint of hot milk—to about 3 good handfuls of nettles—season with salt and pepper, thicken with a little cornflour worked to a smooth paste with butter, stir well, bring to the boil and simmer for 10 minutes.

### NETTLE SOUP (2) (Russian)

*Ingredients:* 1½ lbs. of young nettles, 1 lb. of sorrel, veal, chicken or vegetable stock, a few sausages, sour cream.

*Method:* Blanch the nettles and the sorrel in boiling salted water for 5 minutes and drain thoroughly. Chop coarsely and add to the hot stock and simmer for 1½ hours. Fry or boil a few sausages, cut them in inch lengths and add them to the soup 30 minutes before serving.

### OKRA SOUP (American)

*Ingredients:* 2 pints of okra pods, 2 onions, 6 tomatoes, 2 tablespoons of butter, 2 sprigs of thyme, 3 of parsley, 1 bayleaf, 1 small chilli pepper, 3 quarts of water, salt and pepper.

*Method:* When using fresh okra the vegetable is well washed, the stem removed, and it is cut in fine slices. Tinned okra is already prepared, but should also be sliced. Fry the finely chopped onion in butter, add the herbs, the chopped tomatoes, stir all well, simmer for 10 minutes, and add the okra. When well browned add the hot water, season with salt, pepper and the chilli pepper, and simmer for 1½ hours. When using tinned okra the soup need only simmer for 30 minutes. Croûtons of fried bread are served with it.

## OLLA-PODRIDA (Spanish)

This is made in the same manner as the Flemish Hoche-Pot (p. 137), but with the addition of a small partridge,  $\frac{1}{2}$  a small chicken,  $\frac{1}{2}$  lb. of dry peas, 2 small Spanish sausages (chorizos) and a lettuce. Allow 1 quart more of liquid and simmer for 6 hours. To serve, put the different meats on a dish, the vegetables on another, the stock in a soup tureen and serve at the same time.

## ONION SOUP

*Ingredients:* 2 large onions,  $2\frac{1}{2}$  pints of water, butter, flour, salt and pepper.

*Method:* Peel and slice the onions thinly and evenly. Put them in a saucepan with a little butter and stir till tender and a pale yellow colour, but without browning. Sprinkle with a little flour and stir till well mixed. Add the hot water, season with salt and pepper, and simmer gently for 20 minutes. This is usually served with slices of crust from rolls. A little milk is sometimes added to the soup before serving.

## ONION SOUP WITH CHEESE

The cheese used for this is usually Gruyère cheese, which should be very fresh. Either grate or cut it into thin shavings; these should be very thin, as otherwise the cheese will take too long to melt. Put thin slices of bread crust in the soup tureen, sprinkle with the cheese, cover with a layer of slices of crust, and again sprinkle with cheese and season with a little pepper. Pour the soup over these, cover the tureen with a lid, and let stand for a few minutes, preferably in the oven, so that the cheese melts.

## ONION CREAM

*Ingredients:* To every  $\frac{1}{2}$  pint of purée of onion allow 1 pint of thin Béchamel sauce (p. 52), 1 gill of stock or milk,  $1\frac{1}{2}$  ozs. of butter, 1 gill of cream.

*Method:* Peel  $1\frac{1}{2}$  to 2 lbs. of onions and chop very finely. Blanch for 10 minutes in boiling salted water, drain thoroughly and simmer in a little butter till very tender, but without browning. Then add the Béchamel sauce in the proportion already given, season with salt and pepper, if necessary, and simmer very gently for 30 minutes. Then rub through a sieve, replace the purée in a saucepan with the stock, stir well, bring to the boil and simmer for 20 minutes. Remove from the fire, add  $1\frac{1}{2}$  ozs. of butter, divided in small pieces, and the cream. Serve with croûtons of fried bread.

## OUHA (Russian)

In Russia this soup is usually made with fish which are difficult

or impossible to procure in England, but it can be made with such fish as turbot, brill, eel, etc.

*Ingredients:* 3 or 4 lbs. of fish, 2 quarts of water,  $\frac{1}{2}$  a glass of white wine, 2 or 3 onions, 1 stick of celery, a few spring onions, parsley, fennel, salt and peppercorns.

*Method:* Bone the fish and set aside about 1 lb. cut in 2-inch lengths. Put the bones and remainder of the fish in a saucepan, cover with the cold water, bring to the boil and skim. Then add the sliced vegetables, the herbs and seasoning. Simmer gently for 1 hour. Meanwhile cook the pieces of fish kept aside in a little butter, and either leave them whole or make into fish quenelles or dumplings. Add either the one or the other to the strained soup before serving, as well as a few spring onions, cooked in butter.

### OX-TAIL SOUP

*Ingredients:* 1 ox tail, 2 quarts of light stock (or water), 2 ozs. of lean ham, 1 onion, 2 carrots, 1 turnip, parsley, thyme, 1 bay-leaf, 1 blade of mace, 2 or 3 cloves, peppercorns, salt, 1 glass of sherry.

*Method:* Clean the ox tail thoroughly and divide in joints. Put these in a saucepan, cover with cold water and bring to the boil. Strain, dry the pieces of ox tail and roll them in flour. Put them in a saucepan and brown in butter. Add the sliced vegetables and cook till lightly browned. Then add the slightly warm stock (or water), bring to the boil and skim. Add the herbs and seasoning (not the sherry) and simmer gently for 4 hours. Strain and, when cold, clarify with white of egg (clarification, p. 111). Strain through a cloth, put in a saucepan, bring to the boil, garnish with a few pieces of ox tail, and just before serving add the sherry. A garnish of cooked vegetables, cut either in dice or in thin strips, is sometimes added.

Thick ox-tail soup is made in the same manner, but thickened with a little flour and butter.

### OYSTER SOUP (1)

*Ingredients:* 4 dozen large oysters, 1 quart of milk, the oyster liquor, 1 tablespoon of butter, 1 teaspoon of chopped parsley, salt and peppercorns, a little lemon juice and a dash of cayenne pepper.

*Method:* Open the oysters and strain their liquor through a cloth into a saucepan, add the parsley and peppercorns and bring to the boil. Put the milk in another saucepan, bring to the boil and add to the oyster liquor. Add the butter, the salt and peppercorns, stir well; add the oysters, and stir continuously,

without allowing to boil, till the edges of the oysters begin to curl. Serve at once.

### OYSTER SOUP (2)

To a velouté made with fish stock (p. 73) add a few previously blanched oysters (according to the amount of soup required, allowing 3 oysters to each person) and garnish the velouté with a little chopped parsley before serving.

### POTAGE PARMENTIER

(*Potato Soup*)

*Ingredients:* 1½ lbs. of potatoes (when peeled), the white part of 1 small leek, 1 quart of hot water, 6 tablespoons of milk, the yolks of 2 eggs, 1 oz. of butter, ½ teaspoon of chervil (optional), croûtons of fried bread, salt and pepper.

*Method:* Peel, wash and quarter the potatoes. Chop the leek very finely. Put in a saucepan with the hot water, season with salt, bring to the boil, cover the saucepan and boil for 20 minutes till the potatoes are quite tender. Rub the potatoes and leek through a sieve, keeping the water in which they were boiled. Replace the purée in the saucepan, which should have been rinsed, and thin with a little of the water. Add the butter, divided in small pieces, and finally, just before serving, add the yolks of egg, previously mixed in a basin with the milk, and a few tablespoons of the hot water in which the potatoes were boiled. Garnish with sprigs of chervil and serve with croûtons of fried bread.

### PARSNIP SOUP

*Ingredients:* 3 or 4 parsnips, 1 onion, 1 stick of celery, 2 pints of white stock, 1 pint of milk, 1 tablespoon of flour, 1 oz. of butter, the juice of 1 lemon, salt and pepper.

*Method:* Slice the vegetables and put them in a saucepan with the butter and cook for about 15 to 20 minutes, but without browning. Add the warm stock, bring to the boil and simmer for 40 to 45 minutes till the vegetables are tender. Rub through a sieve and replace the purée in the saucepan, adding the hot milk and a seasoning of salt and pepper. Thicken with the flour, rubbed into a little butter, stir well, and finally add the lemon juice.

### PEA SOUP

*Ingredients:* 1 pint of split peas, 2 quarts of stock or water (when water is used a few beef or ham bones should be added), 2 onions, 2 carrots, 2 or 3 sticks of celery, 1 small turnip, salt, pepper, cayenne, croûtons of fried bread.

*Method:* Soak the dried peas in water for 12 hours. Put

them in a saucepan with the cold stock or water and the bones, when water is used. Bring to the boil and add the vegetables, sliced and previously cooked in a little butter. Season with salt and pepper. Simmer gently for about 3 hours till the peas are tender. Rub them through a sieve, and put this purée back into the saucepan with the stock in which the peas were cooked. Stir well and add a dash of cayenne. Serve with croûtons of fried bread. In some of the older recipes sliced celery was added to this soup and cooked till tender. This took the place of the croûtons.

### PHEASANT SOUP

*Ingredients:* The back, legs and other bones from 2 roasted pheasants, 1 large onion, 2 carrots, 1 stick of celery, 1 turnip, a herb bouquet, salt and pepper, light stock or water, 6 table-spoons of cream.

*Method:* Put the bones, legs and back in a saucepan and cover with cold water. Bring to the boil and skim carefully. Then add the sliced vegetables, the herbs and season with salt and peppercorns. Simmer gently for 2½ to 3 hours. Strain the soup into another saucepan, put on a slow fire and stir in the cream. Garnish with small pieces of cooked pheasant, or with croûtons of fried bread.

### POT-AU-FEU

See first recipe for stock (p. 108).

### POTAGE AU CRESSON À LA CRÈME

*(Watercress Soup with Cream)*

Wash and pick ¾ lbs. of watercress and chop it coarsely. Put it in a saucepan with 1½ pints of boiling salted water, and add 1 tablespoon of tapioca and simmer for 30 minutes or till the tapioca is quite soft. Remove from the fire and stir in 2 yolks of egg diluted with 4 tablespoons of cream. Replace on the fire for a few minutes, but do not allow to boil.

### POTAGE À LA PORTUGAISE

*Ingredients:* 1½ lbs. of tomatoes, 2 ozs. of onion, 2 ozs. of carrots, 2 ozs. of gammon, 3 ozs. of rice, 1 or 2 sprigs of parsley, thyme, chervil, 1 bayleaf, 1 clove of garlic, 2 pints of stock, 3 ozs. of butter, salt and pepper, sugar.

*Method:* Cut the onions and carrots in small pieces and brown lightly in 1 oz. of butter with the gammon, cut in dice. Then add the tomatoes, cut in quarters. Cover and simmer very gently till the tomatoes are reduced to a pulp. Then add 2 ozs. of rice, 1 lump of sugar, or more according to taste, the garlic, crushed

with the blade of a knife, the herbs, the bayleaf and  $1\frac{1}{2}$  pints of stock. Season with salt and pepper, bring to the boil, cover the saucepan and simmer very gently for 35 to 40 minutes, till the rice is very soft. Then rub the whole through a sieve and put this purée in a clean saucepan, dilute with the remaining stock, bring to the boil and skim carefully and simmer for another 20 minutes. Remove from the fire and add 2 ozs. of butter, divided in small pieces, and 1 oz. of rice, previously boiled in salted water for exactly 13 minutes and well drained.

### POTAGE À LA REINE

*Ingredients:* 1 boiling chicken weighing about  $2\frac{1}{2}$  lbs. when trussed, 2 quarts of veal stock, 2 leeks, 1 stick of celery, 4 ozs. of rice, 2 yolks of egg, 1 gill of cream, 3 ozs. of butter, salt and pepper.

*Method:* Put the fowl in a saucepan and cover with the cold stock. Bring to the boil and skim. Then add the leeks, cut in half lengthwise and tied up with the celery, season with salt and pepper, cover the saucepan and simmer gently for 1 hour or longer till the chicken is very tender—the time varies according to the age of the bird. Add the rice, which should be cooked for 45 minutes, with the chicken. When the chicken is cooked, remove the saucepan from the fire, take out the chicken and carve off one wing or a slice from the breast, which is kept for the garnish to be added to the soup. Now bone the chicken and pound the meat in a mortar, adding the rice and moistening with 1 or 2 tablespoons of the stock. Rub the whole through a sieve and put back in a saucepan, adding about 1 quart of strained stock. Stir and simmer for a few minutes, then add the yolks of egg mixed with the cream, but do not allow to boil. Remove the saucepan from the fire and add the butter, divided in small pieces, and the breast or wing of chicken, cut into small neat dice.

### POTAGE SOLFÉRINO

*Ingredients:*  $2\frac{1}{2}$  lbs. of tomatoes,  $1\frac{1}{2}$  lbs. of potatoes, 1 medium-sized onion, the white part of 4 medium-sized leeks, 1 clove of garlic, 3 ozs. of butter,  $3\frac{1}{2}$  pints of stock or vegetable stock.

For the garnish: 3 tablespoons of French beans, cut in small squares, 1 tablespoon of chopped chervil, a few potatoes, shaped into very small balls.

*Method:* Cut the onion and leeks into thin slices and put in a saucepan with 2 ozs. of butter and cook gently for about 20 minutes, but without browning. Then add the stock and bring to the boil, add the chopped tomatoes, the potatoes, peeled and sliced, and the garlic. Cover the saucepan and simmer for 30



minutes, till the tomatoes are reduced almost to a pulp and the potatoes are quite soft. Rub all through a sieve and put back in a saucepan. Add a little more stock if the soup seems too thick. Bring to the boil and simmer for a few minutes longer. Remove from the fire and add the rest of the butter, divided in small pieces, and the garnish of beans, chervil and potato balls.

### PUMPKIN SOUP (1) (American)

*Ingredients:* 1 breakfast cup of cooked mashed pumpkin, 1 quart of milk, 1 small onion, 2 tablespoons of flour, 2 tablespoons of butter, salt and pepper, a pinch of celery seed.

*Method:* Slice the onion, pour boiling milk over it and let it infuse for a few minutes. Then strain the milk over the pumpkin in a saucepan, thicken with the butter worked with the flour, season with salt, pepper and celery seed and simmer for 10 minutes.

### PUMPKIN SOUP (2)

*(Potage Crème de Potiron)*

*Ingredients:* 1½ lbs. of pumpkin, 1 large tomato, 1 small onion, the yolks of 2 eggs, 1½ pints of boiled milk, butter, 1 teaspoon of sugar, salt and pepper.

*Method:* Peel the pumpkin and cut in 3-inch lengths. Halve the tomato and cut the onion in thin slices. Put all in a thick saucepan with a close-fitting lid. Do not add liquid of any kind. Put the saucepan in a slow oven or on a very slow fire for 1 hour. Then rub all through a sieve into a basin. Put the purée into a saucepan and dilute with the hot milk. Season with salt, pepper and sugar. Mix the yolks of egg in a basin and dilute with a little cold milk, remove the saucepan from the fire, mix a little of the hot soup with the egg and milk, and then add to the soup. Stir in thoroughly and serve with croûtons.

### RABBIT SOUP

This is done in the same manner as Hare Soup (p. 136), but omitting the port wine.

### RASSOLNICK (Polish and Russian)

*(Pickled Cucumber Soup)*

*Ingredients:* 1½ pints of chicken stock, 1 ox kidney, 1 or 2 carrots, 1 leek, 1 stick of celery, 3 Dutch cucumbers, 6 tablespoons of Dutch cucumber juice, 1 gill of pearl barley.

*Method:* Add the juice from the cucumbers to the hot stock. Cut the vegetables in small pieces, and also the 3 Dutch cucumbers, and boil till tender. When done, strain and put them in the

stock with the previously cooked pearl barley. Stir, bring to the boil and simmer very gently for 30 minutes, adding the ox kidney, previously boiled and cut in small pieces.

### RICE SOUP (1)

*Ingredients:*  $\frac{1}{2}$  lb. of rice, 2 quarts of good stock or consommé; water or thin stock.

*Method:* Put 1 quart of water or thin stock in a large saucepan, bring to the boil and put in the rice. Simmer for 1 hour, drain the rice on a colander, put it in the soup tureen, and pour the boiling consommé over it.

### RICE SOUP (2)

*Ingredients:* 3 tablespoons of rice, 2 pints of white stock, 1 pint of milk, the yolks of 2 eggs, salt and pepper.

*Method:* Put the stock in a saucepan and bring to the boil. Add the rice and simmer for 30 minutes, till the rice is tender. Drain and rub the rice through a sieve. Put the rice purée back in the saucepan with the stock and the hot milk, bring to the boil and stir well. Simmer for 15 minutes. Season with salt and pepper. Beat the yolks of the eggs in a basin with a little of the warm stock and stir into the soup just before serving.

### RICE SOUP (3) À LA LYONNAISE

Slice thinly 3 or 4 onions and lightly brown in a little lard. Add  $1\frac{1}{2}$  pints of boiling water, season with salt and pepper, and boil for 20 minutes. Then add 4 tablespoons of rice, bring to the boil and simmer for about 30 minutes. •

### RICE CREAM

*Ingredients:* 1 breakfast cup of rice, 1 pint of thin Béchamel sauce, 3 tablespoons of cream, salt and pepper.

*Method:* Boil the rice in boiling salted water for 30 minutes, till very soft. Drain thoroughly and put in a saucepan with the Béchamel sauce (p. 52). Mix thoroughly and simmer for a few minutes, then rub through a sieve. Replace in a saucepan, bring to the boil and simmer for 5 minutes. Remove the saucepan from the fire and add the cream, stirring well. Serve with croûtons of fried bread.

### RICE AND PEA SOUP (Italian)

This is a very thick soup, having almost the consistency of porridge. Cook 2 cupfuls of rice in  $1\frac{1}{2}$  ozs. of butter till a light golden colour, with a little chopped onion, chopped celery and

either diced gammon or ham. Moisten gradually with hot stock, add 1 cupful of peas, stir and mix well, and simmer for 30 minutes, seasoning with salt and pepper.

### SOUPE À LA CHOUCROUTE À L'ALSACIENNE

(*Alsatian Sauerkraut Soup*)

*Ingredients:* 1½ lbs. of sauerkraut, 1 large onion, ½ oz. of flour, butter, 3 pints of white stock. For the garnish, small potato quenelles (p. 498).

*Method:* Wash and press the sauerkraut, drain and chop coarsely. Melt a little butter in a saucepan, add the sauerkraut, the chopped onion, and simmer gently for 30 to 40 minutes without browning. Sprinkle with the flour and mix well. Then add the hot stock and simmer for 40 minutes. Garnish the soup with potato quenelles.

### SCOTCH FEATHER FOWLIE

*Ingredients:* 1 fowl, a slice of ham, lean and fat, 1 onion, 1 stick of celery, 3 yolks of egg, 1 tablespoon of cream, a sprig of thyme, parsley, and a small piece of mace.

*Method:* Joint the bird and put the pieces to soak for 30 minutes in cold water, to which 1 dessertspoon of salt has been added. Put the pieces of chicken, dried in a cloth, in a saucepan with the sliced onion, the celery, the ham, thyme, parsley and mace. Cover with 4 pints of cold water, bring to the boil and skim. Cover the saucepan, leaving a slight opening for the steam to escape, and simmer gently for 1½ hours, till the chicken is tender. Strain into another saucepan, add minced white meat of chicken, 1 tablespoon of chopped parsley, and warm up. Just before serving add the yolks of egg diluted with 1 tablespoon of warm cream.

### SCOTCH À LA REINE SOUP

*Ingredients:* 3 lbs. of knuckle of veal, 1 fowl, ¼ lb. of lean green bacon, 3 onions, 2 carrots, 1 turnip, 1 stick of celery, a blade of mace, salt and peppercorns.

*Method:* Put the veal, the chicken and bacon in a saucepan and cover with 3 quarts of water. Bring to the boil and skim carefully. Then add the sliced vegetables, salt and peppercorns, and cover the saucepan, leaving a small opening for the steam to escape. Simmer for 3 hours and strain through a cloth into a basin. Let stand till set into a jelly, when any fat remaining in the broth will have risen to the surface and can be easily removed. When required, warm up the soup, which can be served either with slices of bread put in the tureen or with previously cooked macaroni, cut in short lengths, or vermicelli.

## SCOTCH LORRAINE SOUP

*Ingredients:* 3 pints of Scotch à la Reine soup as in foregoing recipe,  $\frac{1}{2}$  lb. of sweet almonds, blanched and skinned, 3 yolks of hard-boiled eggs, the breast of a cold roast or boiled chicken, a strip of finely chopped lemon peel, 1 pint of cream, a pinch of nutmeg.

*Method:* Pound the almonds to a paste in a mortar and mix with the finely chopped white chicken meat and the chopped yolks of egg. Mix thoroughly and put in a saucepan with 1 pint of hot stock, the lemon peel and a pinch of nutmeg. Stir in the cream and simmer till the soup begins to thicken, but do not allow it to boil. Add the remaining stock and simmer for another 15 minutes. Strain into the soup tureen.

## SHCHI (Russian)

*(Cabbage Soup)*

*Ingredients:* 2 quarts of light stock,  $1\frac{1}{2}$  lbs. of fresh cabbage (the white part only), 1 lb. of rib of beef, 2 large onions, flour, 1 or 2 sprigs of fennel, salt, pepper and sour cream.

*Method:* Chop the onions, cook to a golden colour in a little butter and sprinkle with flour. Add these to the stock and bring to the boil. Blanch the beet, cut in small pieces, and blanch the cabbage, coarsely chopped. Drain and add to the soup and season with salt, pepper and fennel. Simmer very gently for  $1\frac{1}{2}$  hours. Sour cream can be stirred into the soup a few minutes before serving, or can be served separately.

## SHCHI WITH DUCK (Russian)

*Ingredients:* A duck, 4 smoked sausages, 1 lb. of brisket of beef, 1 lb. of sauerkraut, 2 onions,  $2\frac{1}{2}$  quarts of beef stock, sour cream, a few sprigs of fennel.

*Method:* Chop the onions and cook in a little butter for about 15 to 20 minutes till soft, but without browning. Add the sauerkraut, well washed and thoroughly drained, mix with the onions and cook for 10 minutes or so. Then sprinkle with a little flour, and when well mixed add the boiling stock and simmer for  $1\frac{1}{2}$  to 2 hours. Then add the duck, the smoked sausages, and the brisket of beef, which should be partially cooked. Bring to the boil and simmer very gently for about 1 hour till the duck is quite tender. To serve, remove the duck from the soup, carve it and put the pieces in the soup tureen with the sliced meat and sliced sausages. Stir 3 or 4 tablespoons of sour cream into the soup and pour over the pieces of duck, etc. Sprinkle with a little chopped fennel.

### SHEEP'S HEAD BROTH

*Ingredients:* 1 sheep's head and trotters, 2 lbs. of mutton trimmings, 12 ozs. of dried peas, 6 ozs. of barley, 2 or 3 carrots, 3 onions, 1 turnip, salt, pepper, 4½ quarts of water.

*Method:* Remove the eyes, the tongue and the brain and soak the head in salt and water for 12 hours, changing the water occasionally. Blanch the head and trotters and scrape and brush till quite clean. Next put the head, the trotters and the mutton trimmings in a saucepan, cover with cold water, bring to the boil and skim carefully. Then add the barley, the dried peas, previously soaked, season with salt and peppercorns, and simmer gently for about 3 hours or more, according to the size of the head. Add the sliced vegetables about 1 hour before serving.

To serve, put the head on a dish with the trotters and sliced carrots around it and pour some of the broth over it.

### SORREL SOUP

*Ingredients:* 1 lb. of sorrel (when picked and cleaned), 3 ozs. of tapioca, 2 pints of milk or white stock, 2 yolks of egg, 1 gill of cream, butter.

*Method:* Chop the sorrel coarsely and cook in a little butter, without browning, for about 15 to 20 minutes. Add the hot milk or stock, bring to the boil and add the tapioca, and simmer gently for 30 to 40 minutes. Rub through a sieve, replace the purée in a saucepan, thin with the stock and warm up thoroughly, without letting it boil. Mix the yolks of egg and the cream in a basin and stir into the soup just before serving.

### SOUPE DU LABOUREUR

*Ingredients:* 12 ozs. of salt pork, 12 ozs. of pickled pork, 1 large onion, 1 large carrot, 1 gill of split peas, 2 leeks, 2 quarts of water.

*Method:* Soak the pickled pork in cold water for several hours, changing the water frequently. Put both pickled pork and salt pork in a saucepan with the coarsely sliced vegetables, cover with 2 quarts of water, bring to the boil and simmer for 3 hours. To serve, remove the meat from the soup and cut in small pieces and add to the soup.

### SOUPE VILLAGEOISE

*Ingredients:* The white part only of 5 leeks, 12 ozs. of cabbage, 1 quart of veal stock, 2½ ozs. of vermicelli, and a few sprigs of chervil.

*Method:* Chop the leeks finely and cook in butter till quite soft, but without browning. Add the hot stock and the cabbage, previously blanched in boiling salted water for 5 minutes, drained

and finely shredded. Simmer very gently for about 1 hour, and 20 minutes before serving add the vermicelli. Garnish with a few sprigs of chervil.

### SPINACH SOUP

This is made in the same manner as Sorrel Soup (p. 155).

### SPINACH SOUP À LA MODENA

*Ingredients:* 2 lbs. of spinach, 1 gill of stock, 2 ozs. of butter, 2 or 3 tablespoons of grated cheese, salt, pepper, a little nutmeg, 1 or 2 eggs, croûtons of fried bread.

*Method:* Boil the spinach in salted water. When tender, drain thoroughly and put it in an earthenware casserole with the butter and stock. Stir well, add the eggs, the seasoning and the cheese. Simmer gently till the mixture thickens and serve with croûtons of fried bread.

### SPLIT PEA SOUP

*Ingredients:* 12 ozs. of split peas, 1 ham bone, 2½ ozs. of gammon, 1 medium-sized carrot, ½ a medium-sized onion, the green part of 3 leeks, a sprig of thyme, 1 bayleaf, 3 pints of water, ½ pint of stock, 2 ozs. of butter, salt.

*Method:* Cut the gammon and vegetables in small dice and cook in butter for about 15 minutes, without browning. Put the peas in a saucepan with the ham bone, the vegetables and herbs, cover with cold water, bring to the boil and simmer for 1½ hours or till the peas are quite tender. Strain the soup into another saucepan and rub the peas, etc., through a sieve. Stir the purée into the soup, add the hot stock, simmer for a few minutes longer and remove from the fire. Add the butter, divided in small pieces. Also add 2 tablespoons of croûtons of fried bread.

### SPRING SOUP

*Ingredients:* 2½ lbs. of knuckle of veal, 1 lettuce, 2 carrots, 2 turnips, 1 leek, a large bunch of watercress, a few asparagus tips (when in season), salt and peppercorns.

*Method:* Put the knuckle of veal in a saucepan and cover with 3½ pints of cold water. Bring to the boil and skim thoroughly. Then add the coarsely chopped vegetables, season with salt and a few peppercorns, and simmer very gently for 2 to 2½ hours. Strain through a sieve, pressing the vegetables with the back of a spoon so as to extract all liquid, but do not rub them through the sieve.

### TERRAPIN SOUP (American)

The terrapin is a fresh-water species of tortoise of the tropics

and of America. The diamond-back terrapins are considered among the best, and the females are particularly good.

*Ingredients:* 1 terrapin weighing about 2 lbs., 2 large onions, 1 oz. of ham, 2 hard-boiled eggs,  $\frac{1}{2}$  a lemon, 1 glass of sherry or Madeira, parsley, thyme, 1 bayleaf, salt, pepper and cayenne, 6 cloves and a little allspice.

*Method:* Clean the terrapin, put the meat in a saucepan, cover with water and boil till tender. Remove from the water, drain and cut in small pieces, keeping the water in which it was boiled. Slice the onions and chop the ham and brown in a little butter and lard mixed. Then add the turtle meat, the cloves, allspice and herbs, all finely chopped. Stir well and brown for another 10 minutes. Add 3 quarts of water in which the terrapin was boiled, season with salt, pepper and cayenne, and bring to the boil. As soon as the soup comes to the boil, remove from the fire, add the finely chopped yolks and whites of the hard-boiled eggs, the glass of sherry or Madeira, and a few very thin slices of lemon. Thin slices of toast and green pickles are served with this soup.

### TOMATO PURÉE

*Ingredients:* 2 lbs. of tomatoes, 2 ozs. of butter, 3 pints of hot water, 2 level tablespoons of tapioca, 3 tablespoons of cream, 2 yolks of egg, 1 clove of garlic (optional), salt and pepper.

*Method:* Quarter the tomatoes and put them in a large saucepan with the butter, cover the saucepan and simmer gently for 30 minutes. Then add the hot water, the garlic (not peeled) and season with salt and pepper. Bring to the boil and simmer for 15 minutes. Remove the garlic and rub the tomatoes through a sieve into a basin. Replace the tomato purée and the water in which they were cooked in a saucepan, bring to the boil, and add the tapioca. Cover and simmer for about 20 minutes. Mix the yolks of egg and the cream in a basin, and before serving add to the soup, stirring well.

### TOMATO SOUP

*Ingredients:* 2 lbs. of tomatoes, 2 ozs. of lean ham, 1 onion, 1 carrot, 1 tablespoon of fine sago, 1 oz. of butter, 1 or 2 sprigs of parsley, thyme, 1 bayleaf, butter, salt, pepper and a little sugar, 1 quart of weak stock or water.

*Method:* Melt a little butter in a saucepan, add the sliced onion, carrot and the ham, cut in dice and cook for about 10 minutes without browning. Then add the quartered tomatoes, the herbs, and simmer for about 20 minutes. Cover with the stock or water, season with salt and pepper, and simmer for 30 to 40 minutes. Rub through a sieve, replace in the sauce-

pan, bring to the boil and sprinkle in the sago, and simmer till the sago becomes transparent. Before serving, add a little sugar according to taste. Serve with croûtons.

### TOURIN (French) (*Tomato Soup, peasant style*)

*Ingredients:* 6 large tomatoes, 1 onion, 1 tablespoon of vermicelli, 2 pints of water, salt and pepper.

*Method:* Chop the onion finely and quarter the tomatoes. Put in a saucepan with a little butter and simmer gently for 15 minutes. Cover with the warm water, bring to the boil and simmer for 1 hour. Season highly with salt and pepper. Pour the contents of the saucepan through a sieve into a basin and rub the tomatoes and onion through a sieve. Put all in a clean saucepan bring to the boil, and 10 minutes before serving add the vermicelli and a few strips of toasted bread.

### TOURIN BORDELAIS

Peel 3 large onions and cut them into thin and even slices. Cook them slowly in hot fat for 25 to 30 minutes till they are quite soft and of a golden colour. Then cover with 2 pints of cold water, season with salt and pepper, bring to the boil and boil for 10 minutes. Mix 3 yolks of egg in a basin with a few tablespoons of hot stock, add this to the soup, stirring well, but do not allow to boil, and serve at once.

### TOURIN DE CATALONIA

*Ingredients:* 3 pints of stock, 2 large onions, 2 yolks of egg, 2 ozs. of chopped ham, 1 glass of white wine, a small stick of celery, a sprig of thyme, 1 bayleaf, a pinch of nutmeg, oil, vinegar, salt, white pepper, croûtons of fried bread.

*Method:* Slice the onions very finely and put them in a large saucepan with a few tablespoons of oil, the ham, the bayleaf, the finely chopped celery, thyme, and season with salt, white pepper and nutmeg. Cook to a golden colour and add the white wine. Mix well and add the hot stock and simmer for 15 minutes.

Put the yolks of 2 eggs in the soup tureen, beat well, add a little vinegar, pour the soup over the beaten eggs, without straining, and add the croûtons of fried bread.

### TURNIP SOUP

*Ingredients:* 4 or 5 large turnips, 3 pints of white stock or water, the yolks of 2 eggs, 6 tablespoons of cream, butter, salt, pepper, and a little sugar.



*Method:* Peel and slice the turnips and put them in a large saucepan with a little butter, simmer for 15 minutes without browning. Then add the warm stock or water, season with salt, pepper and a little sugar, bring to the boil and simmer for 40 minutes or longer till the turnips are quite tender. Rub through a sieve, replace the purée in a saucepan, thin with the stock, stir well, and simmer for 10 minutes. Mix the yolks of egg in a basin with the cream and add to the soup before serving.

### TURNIP SOUP WITH MILK

Scrape or peel 12 medium-sized turnips and chop them. Put in a saucepan with 2 ozs. of butter, season with salt and pepper and cook gently for 20 to 25 minutes, without browning. Then add 3 pints of hot water and simmer for 30 minutes till the turnips are quite soft. Drain, but do not keep the water in which the turnips were cooked, rub the turnips through a sieve, put this purée into a clean saucepan and add gradually  $1\frac{1}{2}$  to 2 pints of boiling milk. Stir well, remove the saucepan from the fire and stir in 2 ozs. of butter, divided in small pieces, a good pinch of nutmeg, and put in the soup tureen with a few slices of bread.

### TURNIP AND POTATO SOUP

(*Purée Freneuse*)

*Ingredients:*  $1\frac{1}{2}$  lbs. of turnips,  $\frac{1}{2}$  lb. of potatoes, 1 pint of milk, stock, butter, salt and pepper.

*Method:* Peel the turnips and blanch for 5 minutes in boiling salted water. Drain, chop finely and cook in  $1\frac{1}{2}$  ozs. of butter for 25 minutes without browning. Then add  $\frac{1}{2}$  pint of stock and simmer till the turnips are quite soft. Meanwhile peel and quarter the potatoes and cook them till soft in stock. Rub both turnips and potatoes through a sieve, mix them in a saucepan and thin with  $\frac{1}{2}$  pint of milk. Season with salt and pepper, stir and remove the saucepan from the fire. Add  $1\frac{1}{2}$  ozs. of butter, divided in small pieces. Serve with croûtons of fried bread.

### TURTLE SOUP

This is bought ready-made, as it is practically impossible to prepare in a private house. Strong stock may be added to the bottled turtle soup.

### VEGETABLE PURÉE

*Ingredients:* 6 ozs. of sorrel, 4 ozs. of watercress, 2 ozs. of chervil,  $1\frac{1}{2}$  lbs. of potatoes, 3 ozs. of butter, 1 quart of water, salt. A few sprigs of sweet basil and chervil.

*Method:* Chop the sorrel and watercress coarsely and cook in 1 oz. of butter over a slow fire for 20 to 25 minutes. Then add 1 quart of hot water, bring to the boil, add the quartered potatoes, season with salt and simmer gently till the potatoes are soft. Then rub all through a sieve, replace in the saucepan and, when hot, remove from the fire and add the butter, divided in small pieces. Garnish with the sprigs of basil and chervil.

### VEGETABLE MARROW SOUP

*Ingredients:* 1 large vegetable marrow, 1 onion, 2 pints of white stock, 1 pint of milk, 2 ozs. of butter, 2 ozs. of flour, salt and pepper.

*Method:* Peel the vegetable marrow, cut in half and remove the seeds. Chop the marrow coarsely, chop the onion and put both in a saucepan with the butter. Cover and simmer for 15 to 20 minutes. Add the warm stock and milk, bring to the boil and simmer for 30 to 40 minutes, till the marrow is quite tender. Rub through a sieve, replace the whole in a saucepan, season with salt and pepper, and stir in a thickening made with the flour and a little butter. Stir, simmer for a few minutes, and serve.

### VELOUTÉ (Plain)

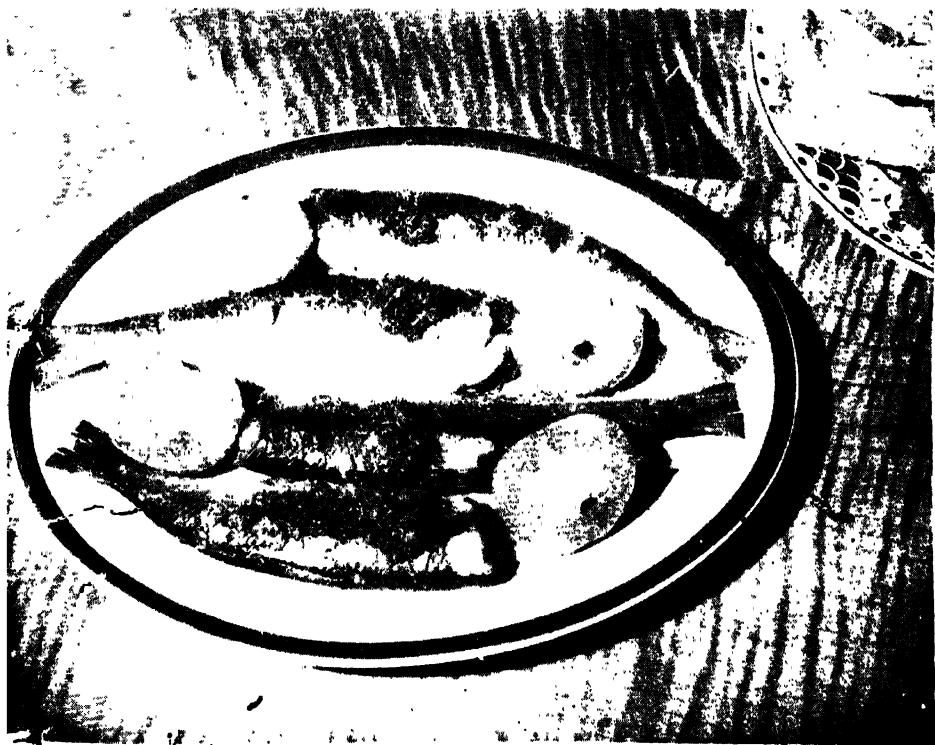
*Ingredients:* 2 pints of good stock, 2½ ozs. of butter, 2 ozs. of flour, 3 yolks of egg, 6 tablespoons of cream, 1 oz. of butter for finishing the soup.

*Method:* Melt the butter in a saucepan and add the flour gradually, working to a smooth paste. Remove from the fire and gradually dilute with the boiling stock, stirring continually. Replace the saucepan on a very slow fire and simmer gently for 30 to 40 minutes. Just before serving add the yolks of egg diluted with the cream and a little hot soup. Stir, but do not allow to boil. Strain into the soup tureen.

### VELOUTÉ À L'ANDALOUSE

*Ingredients:* 3 pints of velouté (above), 1 gill of thick tomato purée or soup, 3 tablespoons of onion cream (p. 146), 1 gill of veal stock, 1 tablespoon of diced tomatoes, 1 tablespoon of shredded pimientos, 1 tablespoon of cooked rice.

*Method:* Add the tomato soup and the onion cream to the hot velouté and stir, without allowing to boil. Add the veal stock and simmer for 10 minutes. Just before serving add 2½ ozs. of butter, divided in small pieces, and finally add the garnish of tomatoes, pimientos and rice.



ABOVE : *Plaice fried in batter, garnished with lemon*

BELOW : *Grilled herrings with tomatoes*



ABOVE: A teaspoon of olive oil poured over a salmon steak will keep it to.

## VELOUTÉ DE CREVETTES

*(Velouté of Prawns)*

*Ingredients:* To every  $\frac{1}{2}$  pint of prawn purée allow 1 pint of thin velouté made with fish stock (p. 73), 3 ozs. of prawn butter (p. 76), the yolks of 3 eggs, and 6 tablespoons of cream.

*Method:* Shell the prawns and pound in a mortar, keeping a few whole ones to add to the finished soup. Mix the prawn purée to the velouté, simmer for a few minutes and rub through a sieve. Replace in a saucepan, stir over a slow fire and add the eggs, mixed with the warm cream. Remove from the fire and add the prawn butter, divided in small pieces. Garnish with a few prawns.

## VELOUTÉ OF WHITEBAIT

*Ingredients:* 1 lb. of whitebait, 2 large onions, 1 level tablespoon of curry powder, saffron, a herb bouquet, 2 ozs. of butter, 1 or 2 tablespoons of either rice or vermicelli, salt.

*Method:* Chop the onions and cook in a little butter for 20 to 25 minutes till a golden colour, but without browning, and sprinkle with the curry powder. Then add 3 pints of warm water, season with salt, a good pinch of saffron and the herbs. Bring to the boil, add the whitebait and boil fast for about 10 minutes. Then rub through a sieve, preferably a hair sieve, replace in a saucepan, stir till very hot and add either the cooked rice or the vermicelli. Remove the saucepan from the fire and add the butter, divided in small pieces. Toasted Bombay duck or very thin pieces of toasted bread should be served with this.

## VELOUTÉ OF WHITING

*Ingredients:*  $\frac{3}{4}$  lbs. of whiting free from bones, 6 ozs. of smelts (also free from bones),  $\frac{1}{4}$  lb. of onions,  $\frac{1}{4}$  lb. of butter, 3 pints of fish velouté (p. 73), lemon juice, salt, pepper and cayenne. A garnish of fish quenelles (p. 182).

*Method:* Chop the onions and put them in a saucepan with 3 ozs. of butter and the fish, coarsely chopped, and sprinkle freely with lemon juice. Simmer gently for 25 to 30 minutes, and add the hot velouté. Stir and simmer for 10 minutes longer. Then rub the whole through a sieve, replace in a saucepan, and wash thoroughly, but without boiling. Remove from the fire, add the remaining butter, divided in small pieces, and a good dash of cayenne pepper.

## VENISON SOUP

*Ingredients:* 4 lbs. of forequarter of venison, 2 large onions, 1 large carrot, 1 turnip, 3 quarts of cold water, salt and pepper.

*Method:* Remove as much fat and gristle as possible from the venison and cut the lean meat in small pieces. Put in a saucepan,

cover with the cold water, bring to the boil, and skim thoroughly. Then add salt, peppercorns and the vegetables, the onions being left whole and the carrot and turnip divided in two lengthwise. Simmer very gently for 5 to 6 hours. Strain into the soup tureen and garnish with the vegetables, either chopped or thinly sliced.

### WATERCRESS SOUP

*Ingredients:* 2 large bunches of watercress, 2 or 3 large potatoes,  $\frac{1}{2}$  pint of milk, 2 yolks of egg, 4 or 5 tablespoons of cream, butter, salt and pepper, water.

*Method:* Pick and wash the watercress and dry in a cloth. Put it in a saucepan with a little butter and simmer for 10 minutes without browning. Then add hot water (about 1 pint), the peeled and quartered potatoes, season with salt and a little pepper and bring rapidly to the boil. Cover and boil for 25 to 30 minutes, till the potatoes are quite tender. Rub the whole through a sieve, replace in the saucepan, add the milk, stir and simmer for a few minutes. Just before serving add the yolks of egg mixed with the cream and garnish with sprigs of watercress.

### LE WATERZOÏE

*(Belgian Chicken Soup)*

*Ingredients:* 1 large chicken, 2 onions stuck with 1 or 2 cloves, 3 shredded leeks, 3 or 4 sticks of celery, 1 sliced carrot, 1 tablespoon of breadcrumbs, a sprig or 2 of parsley and thyme, lemon, 1 bayleaf, salt, pepper,  $1\frac{1}{2}$  pints of white wine.

*Method:* Rub the chicken well with lemon and put in a saucepan with sufficient water to half cover it. Bring to the boil, skim thoroughly and add the prepared vegetables, the herbs, bayleaf, salt and pepper. Then add the white wine, cover the saucepan and simmer till the chicken is quite tender. The time varies according to the size and age of the chicken—from 1 to  $1\frac{1}{2}$  hours should be sufficient unless an old boiling fowl is used. To serve, carve the chicken, put the pieces in a soup tureen, pour the stock over them, garnish with the vegetables, add 1 tablespoon of breadcrumbs, and sprinkle with chopped parsley.

### LE WATERZOÏE DE POISSON

*(Belgian Fish Soup)*

This soup is made with a mixture of fish such as tench, carp, bream, and many others which are not generally used in this country, and also includes eel. As with the Bouillabaisse of Provence, the whole making of the soup depends on the kind of fish used and on the blending of these different fish. The fish, after having been cleaned, are cut in 2 or 3-inch lengths and

cooked fairly briskly in white wine and water, allowing  $\frac{3}{4}$  of white wine to every  $\frac{1}{4}$  of water, a little butter, a few sticks of celery, a few sprigs of parsley, thyme, 1 bayleaf, salt and peppercorns. They are simmered gently till tender, drained, put on a hot dish, and a little of the fish stock is poured over them. The rest of the fish stock is strained into the soup tureen on slices of bread lightly fried in butter.

### WHITE SOUP

*Ingredients:* 2 pints of milk,  $2\frac{1}{2}$  tablespoons of cooked rice, 1 teaspoon of chopped onion, a pinch of finely grated lemon rind, 1 oz. of flour, salt and pepper.

*Method:* Mix the flour to a smooth paste with a little milk or cold water, bring the milk to the boil and add the flour to it, stirring till the soup begins to thicken. Then add the finely chopped onion, the lemon rind, the cooked rice, and season with salt and pepper. Simmer for about 20 minutes, stirring occasionally, and strain.

### WINE SOUP (German)

*Ingredients:* 1 pint of white wine, 1 pint of water, 2 whole eggs, 4 tablespoons of sugar, 1 stick of cinnamon, powdered cinnamon, 1 strip of lemon peel, 1 tablespoon of butter, 1 tablespoon of flour.

*Method:* Put the butter in a saucepan and, when melted, add the flour, and stir till the mixture is slightly yellow. Add the boiling water gradually, the wine, cinnamon stick, lemon peel and 2 tablespoons of sugar. Stir continuously, but without boiling. Remove the stick of cinnamon and the lemon peel and add the yolks of egg, diluted with a little of the hot soup. Beat the whites to a very stiff froth with 2 tablespoons of sugar, and drop a tablespoon at a time of the mixture in the hot soup, sprinkling each with grated cinnamon and sugar.

### WINE SOUP WITH SPARKLING WINE (German)

*Ingredients:* 1 pint of sparkling Moselle, 1 pint of water, the chopped peel of  $\frac{1}{2}$  a lemon, the juice of  $\frac{1}{2}$  a lemon, 3 whole eggs, 1 teaspoon of flour, 3 tablespoons of sugar.

*Method:* Put the eggs in a saucepan and beat to a cream with the sugar. Add the lemon juice, the finely chopped peel, 1 teaspoon of flour, the water and wine. Simmer on a slow fire, beating continuously, but do not let the soup boil. When hot, remove the lemon peel and serve. It should be light and frothy.

*Fish Dishes*

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### The Principal Methods of Cooking Fish

The principal methods of cooking fish are: (1) **BOILING** or **POACHING** in liquid which, whether consisting of water only, with the addition of salt or more elaborate preparations, containing vinegar, wine, etc., is known in terms of cookery as a **COURT-BOUILLON**—a French word which has been adopted in the English culinary vocabulary, and which signifies “short boiling.”

(2) **FRYING** (in deep fat).

(3) **GRILLING**.

(4) **BAKING OR STEWING**.

(5) **COOKING IN BUTTER** (or à la Meunière).

(6) **CRAMPING**.

## BOILING OR POACHING IN COURT-BOUILLON

Courts-Bouillons vary according to the kind of fish which is to be cooked, and according to the manner in which the fish is to be dressed and served. Fish should never be cooked in liquid which is kept on the full boil. Fish should be *poached*—in culinary terms *poaching* means that the liquid is kept at a temperature as near as possible to boiling-point, but is never allowed to boil—in other words, it signifies *very gentle simmering*. I shall therefore use this word *poaching* instead of the more common one of *boiling* when referring to the cooking of fish.

### (1) COURT-BOUILLON WITH VINEGAR

(For large fish, such as salmon, large salmon trout, pike, conger eel, lobster, etc.)

*Ingredients:* 2½ quarts of water, ¾ of a pint of vinegar, 1 lb. of thinly sliced carrots, ¾ lbs. of thinly sliced onions, 3 shallots, a few sprigs of parsley, a sprig of thyme, 1 bayleaf, 1½ ozs. of salt, 8 peppercorns. (If strong vinegar is used, ½ a pint will be sufficient.)

*Method:* Put all the ingredients (except the peppercorns) in a saucepan, bring to the boil and simmer gently for 30 minutes. Ten minutes before removing from the fire, add the peppercorns. Strain through a sieve and, when cold, use as required.

### (2) COURT-BOUILLON WITH WHITE WINE

(Also for large fish.)

*Ingredients:* 1 quart of white wine, 1 quart of water, 6 ozs. of thinly sliced carrots, 8 ozs. of thinly sliced onions, 7 or 8 sprigs of parsley, a sprig of thyme, ½ a bayleaf, 1 oz. of salt, 8 peppercorns.

*Method:* The same as that in the preceding recipe.

### (3) COURT-BOUILLON WITH MILK

(For large turbot, brill, cod, etc.)

*Ingredients:* To every quart of water allow 1 gill of milk, ½ an oz. of salt and 4 slices of lemon.

*Method:* Peel the lemon carefully, removing the pith and the pips. This court-bouillon is not cooked beforehand.

### (4) COURT-BOUILLON WITH SALTED WATER

(For cod, flounder, mackerel, etc.)

This consists merely of salted water. Allow ½ oz of salt to every quart of water.

## THE COOKING OF FISH IN COURT-BOUILLON

Large whole fish should be put in the fish kettle and covered with cold court-bouillon. Bring to the boil, skim, cover the kettle and simmer very gently. Allow 10 minutes to the lb. in the case of fish weighing not more than  $2\frac{1}{2}$  lbs., and 8 minutes in the case of larger fish.

For small fish weighing 4 to 5 ozs. allow 10 to 12 minutes poaching. For slices of fish 1 inch thick, 12 to 15 minutes will be sufficient. For flat fish, such as turbot or brill, allow 8 to 9 minutes to the lb. The liquid should always be cold for large fish, otherwise when the fish is put in hot or boiling liquid it is apt to break.

Sliced fish should be put in boiling liquid. The slices are not apt to break in the same manner as whole fish, and the sudden immersion in hot liquid is a more conservative way of cooking them. The temperature is then lowered and the fish is poached as already described. When done, remove from the kettle or saucepan and drain. Fish which is to be eaten cold should be allowed to remain in the court-bouillon till cold.

The court-bouillons with vinegar or wine will keep several days and can be used three or four times.

## TO FRY FISH

Large fish or large and thick slices of fish should not be fried, as the high temperature to which the fat should be brought for the proper frying of fish, is apt to dry and shrivel the surface of the fish before it is cooked through. Medium-sized and small fish are suitable for frying, and somewhat thin slices. If the fish is thick, as in the case of a good-size Dover sole, slight incisions should be made on either side from the head to the tail, thus ensuring that it will be cooked through. A deep pan should be used, and an abundant amount of fat, so that the fish can float freely in it. The smaller the fish, the hotter the fat should be—but it is essential that the fat should be very hot for all frying. To test whether the fat is sufficiently hot, drop a small piece of bread in it: if it rises to the surface and sizzles, the fat is sufficiently hot. The best medium for the frying of fish is undoubtedly oil. Deep frying cannot be done in butter, as butter is apt to burn at a high temperature. Unless otherwise indicated, all fish, with the exception of whitebait, should be dipped in milk to which a little salt has been added, and then coated with flour, before being fried.

Medium-sized fish, such as whiting, should be put in hot oil, but not in smoking hot oil. When once they have been put in the pan the oil can gradually be made hotter. Flat fish, like small soles, or fillets of fish should be put in slightly hotter oil,

whilst whitebait or smelts are put in very hot oil. When the fish has turned a light golden colour, remove from the pan with a perforated fish slice and place on a cloth or on blotting-paper to drain thoroughly. Fried fish should be crisp and dry. The reason why fried fish is so often flabby and greasy is because it was not cooked in sufficiently hot fat or oil, because there was not a sufficient quantity of hot fat or oil, and because it was not properly drained.

### TO GRILL FISH

This method is applied especially to small or medium-sized fish, or to sliced fish. Unless the fish to be grilled are very small, slight incisions should be made on both sides from the head to the tail, which allows the heat to penetrate and facilitates the thorough cooking of the fish. All white fish should be dipped in flour and then brushed over with oil or melted butter before being grilled. This forms a crust and prevents the fish from being too dry and helps to give it a nice golden colour.

Such fish as salmon, trout, mullet, mackerel and herrings, which are rich and oily, need not be dipped in flour, but merely brushed over with oil or melted butter. The grill should be warmed beforehand and well oiled or buttered, to prevent the fish from sticking to it.

### BAKING OR STEWING

This is especially applicable to whole large fish or to sliced fish. Whatever liquid is used should be used sparingly, and should not cover the fish. The stew-pan or fireproof dish should be covered, and put in a moderate oven, and the fish simmered gently—or, poached—till tender. In the case of large fish, constant basting is essential.

Fish can also be stewed on the fire instead of in the oven, but the same rules hold good—the liquid should not cover the fish, and it should never boil, but merely simmer.

### COOKING IN BUTTER OR “À LA MEUNIÈRE”

This is the method which is erroneously called “frying” by many people. As I have explained before, true frying can only be done in *deep fat*, and any attempt at obtaining the same results with hot butter is doomed to failure. The proportion of butter used in this method is just sufficient to coat the pan somewhat thickly, so that the fish will not “catch.” It should be very hot, slightly smoking—but not brown—when the fish is put in, and the pan should then be removed at once to the side of the range, or to a very slow fire, so that the heat penetrates the fish progressively and gradually. If the fish is cooked on

too quick a fire the outside will be browned before the fish is cooked through. After 5 minutes the fish should be carefully turned. When done, it should be a light golden colour. Fish cooked in this manner should be first of all sprinkled with a little salt and dipped in flour.

Small trout, weighing about  $\frac{1}{4}$  lb. before cleaning, take 10 minutes to cook in this manner. Soles weighing  $\frac{3}{4}$  lbs. take about 15 minutes, and those weighing 1 lb. or  $1\frac{1}{2}$  lbs. take from 20 to 22 minutes. These larger fish should be turned 3 or 4 times during the process of cooking. To test whether the fish is done, lift a little of the fillet near the head: if it is easily detached, the fish is sufficiently cooked. Slices of fish 1 inch thick take about 15 minutes. Fish cooked in this manner can be served plain, drained from the butter, with slices of lemon, or when "à la Meunière" the fish is sprinkled with a little lemon juice, parsley, well seasoned with salt and pepper, and a little Brown Butter (p. 55) is poured over it.

### CRIMPING FISH

This method of preparing fish is essentially English. It consists of making deep gashes about 2 inches apart in large freshly-caught fish, such as salmon, cod, etc., and at once soaking the fish in cold water, which should be changed 2 or 3 times, for 2 hours. The fish is then boiled or poached and served with an appropriate sauce and also with a little of the water in which it was cooked. Other kinds of fish are crimped by being divided into slices and also soaked in cold water before being cooked.

### Fish

In the following recipes for fish, the reader will have to refer to the description of the principal methods given at the beginning of the fish section. Any additional details will be given in the actual recipe.

### BASS

Prepare and cook in the same manner as Salmon (p. 198)

### BLOATERS, FRIED

Bloaters are unsplit kippered herrings. If they seem dry or over-smoked, they should be soaked in warm water for about 1 hour. They should then be dried and cooked in a little butter. Just before serving, spread with a little cold butter.

### BLOATERS, GRILLED

Soak, as in preceding recipe; if dry, brush over with oil or melted butter and grill. When done, spread with cold butter.

**BREAM, BAKED**

The fish should be emptied and washed, but not scaled. Stuff with fish forcemeat (p. 182), sew up the opening, place in a buttered pan or in a fireproof dish, and put in a moderate oven for 40 to 50 minutes, basting frequently with butter. Serve with Anchovy or other fish sauce (p. 53).

**BREAM, GRILLED**

Grill the fish, as directed, and serve with melted Shallot Butter (p. 76).

**BREAM À LA RAVIGOTE**

Grill the fish and serve with a hot Ravigote sauce (p. 69).

**BRILL**

This fish is prepared and cooked in the same manner as turbot, and served with the same sauces (Turbot, p. 210).

**BRILL BÉARNAISE**

Butter a fireproof dish, lay the brill in it, season with salt and pepper, and put in a moderate oven for 30 to 45 minutes, according to size of fish. Baste frequently with butter. To serve, sprinkle with brown breadcrumbs and cover with Béarnaise sauce (p. 54).

**CARP, FRIED**

Soak the fish in cold salted water for 1 hour. If small, the fish are not split, but left whole, dipped in flour and fried in deep fat. They can also be dipped in batter (p. 84) and fried. When large they should be split or opened up, and can be either dipped in flour or in flour, egg and breadcrumbs. Serve with slices of lemon and garnish with parsley.

**CARP, GRILLED**

Grill the fish, and serve with Anchovy sauce (p. 53). They are sometimes served on a purée of sorrel.

**CARP BONNE FEMME**

Slice 1 or 2 onions and 1 carrot, and put in a fireproof dish with 1 or 2 sprigs of parsley, 1 bayleaf, a sprig of thyme, and lay the fish on this. Season with salt and pepper, moisten with white wine and poach in the oven for 20 to 30 minutes, according to the size of the fish, basting frequently. Before serving, add a small piece of butter, worked with a little flour, to thicken the sauce.



## CARP COOKED IN BEER (German)

*(Bierkarpfen)*

Put the carp in a saucepan or earthenware casserole, with a sliced onion, 2 or 3 sliced carrots, 2 bayleaves, the skin of 1 whole lemon, shredded, lemon juice, a little paprika, 1 teaspoon of cinnamon,  $1\frac{1}{2}$  ozs. of gingerbread, cut in small cubes, 2 tablespoons of vinegar, 1 of treacle or caramel, and 4 ozs. of butter which has been cooked till brown. Cover with beer, bring to the boil and simmer for 10 minutes, then cover the saucepan or casserole, and simmer for 15 minutes. When done, put the fish on a large slice of fried bread on a hot dish, garnish with previously poached roe, cut in neat slices, with pickling onions browned in butter, cooked mushrooms and shelled prawns, and pour the following sauce over it: Melt 3 tablespoons of butter, mix in 2 tablespoons of flour, and cook to a golden colour, dilute with a few tablespoons of the sauce in which the fish was cooked, and a little blood from the carp, strain a little of this over the fish and serve the remainder in a sauceboat.

## COD, BOILED OR POACHED

Cod should be poached in a simple court-bouillon of salted water. When done, remove from the water, drain thoroughly and place on a hot dish. Plain boiled or poached cod is served with plain boiled potatoes and any of the following sauces can be served with it: Parsley, Egg, Oyster, Hollandaise, Shrimp, Butter, Capers, etc. (See Sauce Section).

## COD, GRILLED

The cod should be divided into steaks about  $1\frac{1}{2}$  inches thick, well seasoned with salt and pepper, sprinkled with flour, brushed over with melted butter and grilled. Serve on a hot dish, and on each slice put a thin slice of lemon. Garnish the dish with parsley. Serve either melted Maître d'Hôtel Butter or Anchovy Butter, etc., in a sauceboat (pp. 75, 74).

## COD, CRIMPED

See Crimping Fish (p. 171).

## COD, FRIED

The cod should be divided in slices about 1 inch thick. Season with salt and pepper, dip in flour, egg and breadcrumbs and fry in deep fat. Drain, put on a hot dish and garnish with lemon, cut in quarters, and parsley. Serve with either a Butter sauce, or Tomato or Tartare sauce (pp. 56, 71).

### COD AU GRATIN

This is made with previously boiled or poached cod. Butter a round or oval fireproof dish, and surround with a potato border. In the middle of the dish put a coating of Mornay sauce (p. 65) and over this place the fish, cut in small neat slices or in 2-inch lengths, and freed from all skin and bones. Cover with Mornay sauce, sprinkle with grated cheese, and put in a brisk oven till lightly browned.

### COD IN SCALLOP SHELLS

Put a little Mornay sauce (p. 65) in scallop shells, add cooked cod, coarsely chopped, cover with more Mornay sauce, sprinkle with grated cheese, and put in a brisk oven to brown slightly.

### COD, CURRIED (1)

Take 1 lb. of cod, remove skin and bones, and cut in inch lengths. Slice 3 or 4 large onions in butter till slightly brown, sprinkle with  $\frac{1}{2}$  a tablespoon of curry powder and season with salt. Mix well and add  $\frac{3}{4}$  lbs. of quartered tomatoes; and crush with a spoon, so as to extract the juice. Add 3 or 4 tablespoons of hot water, and put in the pieces of fish. Simmer for 20 minutes, or till the fish is tender, stirring occasionally, and adding a little more water if the sauce is too thick.

### COD, CURRIED (2)

Cut the fish into neat slices, about 1 inch thick. Rub over with salt and curry powder, and let stand for 1 hour. Fry in hot oil, drain, and serve on a hot dish with a little melted butter and slices of lemon.

### COD-FISH PIE

To every pound of cooked fish allow 2 tablespoons of mashed potatoes, 4 ozs. of suet, 2 tablespoons of white breadcrumbs, 2 eggs, milk, butter, brown breadcrumbs, salt and pepper. Skin and bone the fish, chop coarsely, mix with the finely chopped suet, the potatoes, the white breadcrumbs, the eggs and sufficient milk to make into a stiff batter. Season with salt and pepper, and put the mixture in a well-buttered baking dish, sprinkle with brown breadcrumbs, dot with pats of butter and bake in a moderate oven for about 45 minutes. Serve in the dish in which it was cooked.

### COD-FISH CAKES

See Fish Cakes (p. 180).

### COD À LA PORTUGAISE

*Ingredients:* 2½ lbs. of fresh cod, ½ lb. of chopped onions, 1½ lbs. of tomatoes, 4 ozs. of rice, ½ pint of white wine, ½ pint of oil, 1 clove of garlic, a few sprigs of parsley, salt and pepper.

*Method:* The cod should be divided in slices or steaks, weighing ½ lb. each. Put them in a deep frying-pan with the oil and butter, the chopped onion, previously lightly browned in butter, the finely chopped tomatoes, the garlic, the rice, previously boiled in salted water for 10 minutes and well drained, and the parsley. Season with salt and pepper, cover the frying-pan with a dish and cook for about 10 minutes, uncover and cook for another 8 to 10 minutes. Arrange the cod steaks on a hot dish and cover with the contents of the pan.

### COD À LA FLAMANDE

Cut the cod in slices 1½ inches thick. Season with salt, pepper and a little grated nutmeg and place in a well-buttered fireproof dish. Moisten with white wine, but without covering the fish, sprinkle with finely chopped shallots, parsley, thyme, marjoram, and over each piece of fish lay a slice of lemon without the pips. Bring to the boil and poach in a moderate oven for about 12 minutes, till the fish is tender. To serve, put the fish on a hot dish, thicken the sauce with a little pounded biscuit, or with fine white breadcrumbs, and pour over the cod slices.

### COD SAUTÉ ROUMANILLE

Cut the cod in slices of about 1½ inches thick. Season with salt and pepper, dip in flour, and brown them lightly in a little oil in a frying-pan, turning, so that they are equally browned on each side. To serve, place on a dish over a thick Tomato purée (p. 506), garnish the dish with potatoes, cut in dice and browned in oil, small mushrooms, also cooked in oil, and rings of fried onions. Sprinkle the whole with chopped parsley.

### COD, CREAMED

Remove the skin and bones from a slice of cooked cod. Cut the fish in small pieces and pound in a mortar. Put in a basin and add 1 or 2 tablespoons of cream and sufficient thick Béchamel sauce (p. 52) to make to the consistency of very thick cream. It should be sufficiently thick to be eaten with a fork. Put the mixture in individual soufflé dishes or in ramequins, and put in the oven to get thoroughly hot.

### COD, SALT, BOILED

Salt cod should always be soaked in cold water for 12 hours, and the water changed as frequently as possible. To cook, put

the cod in cold water, bring to the boil and poach for 15 minutes. Drain thoroughly and serve with Egg sauce (p. 61).

### COD, SALT, WITH BROWN BUTTER

Poach the fish, remove skin and bones, and flake it. Put on a hot dish, sprinkle with chopped parsley, a little lemon juice, and cover with Brown Butter (p. 55).

### COD BRANDADE (French)

(*Brandade de Morue*)

Cook as in above recipes. Remove skin and bones from the fish. Put the fish in a saucepan, on a very slow fire—this is an essential factor in the success of the brandade—and stir in, with a wooden spoon, first a tablespoon of warm oil, to which pounded garlic has been added, then one of warm milk, and so on, till all the oil and milk are used up and till the brandade presents the appearance of a thick and smooth white purée. Season with pepper, nutmeg, the juice of 1 lemon, and a little salt if necessary. Put on a hot dish and garnish with thin slices of bread, previously fried in butter. For each lb. of cod allow 1 gill each of oil and milk, the juice of 1 lemon, 1 clove of garlic and the seasoning mentioned.

### COD, SALT, WITH CREAM

Poach the cod, drain thoroughly, remove skin and bones and flake it. Put in a saucepan with Cream sauce (p. 59) and simmer for 10 minutes.

### COD, SALT, WITH SPINACH

Put 6 tablespoons of oil in a deep sauté pan, and when hot add 1½ lbs. of spinach, previously blanched, well drained and coarsely chopped. Cook on a quick fire for a few minutes, then add ½ clove of garlic, crushed with the blade of a knife, 1 tablespoon chopped parsley, 3 fillets anchovy cut in dice, just over 1 gill Béchamel sauce (p. 52), and finally the poached cod, skinned, boned and flaked. Season with salt, pepper and a little grated nutmeg. Mix thoroughly, cook for a few minutes and place in a buttered fireproof dish. Sprinkle with breadcrumbs, moisten with a little oil or melted butter, and put in a quick oven to brown.

### COD À LA VIZCAINA (Spanish)

(*Bacalao a la vizcaina*)

*Ingredients:* 2 lbs. dry salt cod, 3 lbs. onions, 3 lbs. tomatoes, 6 pimientos, 1 clove of garlic, slice of bread, breadcrumbs, oil, salt and pepper.

*Method:* Remove skin and bones from the poached cod and

divide the fish in 2 or 3-inch pieces. Roll these in flour and fry to a golden colour in hot oil in a sauté pan. Slice 2 lbs. onions finely, and fry in 1 pint oil. When a golden colour, add 2 lbs. tomatoes, chopped and fried. In another saucepan fry 1 lb. chopped onions, 1 lb. tomatoes, cut in quarters, and the pimientos, the garlic and the slice of bread. Simmer for 1 hour, and when reduced to a pulp rub the whole contents of this saucepan through a sieve, and add this purée to the other saucepan of fried onions and tomatoes. To serve, put a layer of sauce in the dish, place the fish on this and over it pour more sauce. Sprinkle with bread-crumbs and parsley and set in the oven to brown.

### COD FISH BALLS

See Fish Balls (p. 180).

### COD, SALT, ON SKEWERS

Soak the cod but do not cook it. Cut it in small squares and put on a skewer alternately with very small tomatoes.

Roll in oil, then coat with white breadcrumbs, and either grill or fry in butter to a light golden colour.

### COD-FISH PÂTÉS

Fill some pâté cases with cooked salt cod, creamed in the same manner as fresh Creamed Cod (p. 175), cover with the pastry lids, and put in the oven to get thoroughly hot.

### COD SALAD (French)

(*Salade Chanoinesse*)

*Ingredients* (for 6 people): 1 lb. of salt cod, 4 or 5 small potatoes, boiled in salted water, 2 herring roes, 2 hard-boiled eggs,  $\frac{1}{2}$  onion, finely chopped, 2 dessertspoons of capers, 1 dessertspoon of tarragon, chervil and fennel, all finely chopped, oil, 4 tablespoons of vinegar,  $\frac{1}{2}$  teaspoon of made mustard, a little salt and pepper.

*Method:* Soak the roes in milk, put them in a saucepan with a little boiling water and simmer for 5 or 6 minutes, till done. Rub through a sieve into a basin, season with salt, pepper and mustard and add the oil and vinegar gradually, as in the making of mayonnaise. Put the cooked sliced potatoes in a salad bowl, over them place the poached cod, skinned, boned and flaked, arrange the sliced hard-boiled eggs around the dish, put the capers in the centre of the dish, and around these place the chopped herbs and onions. Serve the roe sauce in a sauceboat.

### COD'S ROE

See Savouries page 639.

**EEL, BAKED OR BRAISED**

*Ingredients:* 2 lbs. of conger eel, 2 doz. small or pickling onions, fish forcemeat (p. 182),  $\frac{1}{2}$  lb. small mushrooms, 1 tablespoon of chopped shallots, 1 gill of white wine, butter, salt and pepper.

*Method:* Wash and dry the eel, stuff it with the forcemeat, sew up the opening and bend the fish, tying up with string, so that it will fit in the casserole. Brown the fish lightly and evenly in a little butter, then place it in a well-buttered earthenware casserole, season with salt and pepper, add the wine, the shallots, bring to the boil, cover and put in a moderate oven. Simmer gently for 1 hour, basting frequently. Half an hour before serving add the peeled mushrooms, and the onions, previously browned in butter. Serve in the casserole.

**EEL, FRIED**

Wash and dry the conger eel, and cut in slices about  $\frac{3}{4}$  inch thick. Put in a pie-dish, moisten with oil, a little lemon juice, and sprinkle with chopped parsley, thyme and marjoram. Let stand for 3 or 4 hours. Remove from the marinade, dip in flour, coat with beaten yolk of egg, coat with fine white breadcrumbs, mixed with salt, and fry in deep fat. Drain, and serve with either Butter, Tomato, or Anchovy sauce.

**EELS, SMALL, FRIED**

Make light incisions in the eels, from head to tail, fold them so as to form an 8, skewer them in this position, season with salt and pepper, dip in flour, and fry in deep fat. Drain, and serve with fried parsley.

**EELS, BOILED**

Clean and skin 4 or 5 small eels, put them in a saucepan with sufficient cold salted water to cover, bring to the boil and simmer gently for 30 minutes or till the eels are tender. Drain, and serve with Parsley sauce (p. 67).

**EELS, STEWED**

Skin and clean 2 lbs. of eels and cut in 2-inch lengths. Put them in a jar, with alternate layers of sliced onion, chopped parsley, and season highly with salt and pepper. Add melted butter to moisten, cover the jar, and place in a saucepan of warm water. Bring slowly to the boil and simmer for  $1\frac{1}{2}$  hours, till the eels are tender. To serve, put the eels on a hot dish and strain the sauce over them.

**EEL, JELLIED**

Skin and clean 2 lbs. of eel, and cut in 2-inch lengths. Slice 2 large onions and 2 medium carrots and put them in a saucepan

with a few sprigs of parsley, thyme, and 1 bayleaf. Place the pieces of eel on the vegetables, season with salt and peppercorns, and cover with cold water. Bring to the boil slowly, cover the pan and simmer gently for 1 hour or till the eel is tender. Remove the pieces of eel when done, and put them in a deep dish. Reduce the liquid in which they were cooked by about a third and strain over the pieces of eel. Put in a cool place till set in a jelly. The addition of a gill of white wine to the water is a great improvement.

### EEL, SPITCHCOCKED (Old English Recipe)

Cut the heads off the eels, slit up the belly side and remove the guts and bones. Cut in 3-inch lengths and dry thoroughly. Melt 2 ozs. of butter in a saucepan, add a little chopped parsley, sage, shallot, and season with salt and pepper. Mix all thoroughly, remove the pan from the fire, and stir in the yolks of 2 eggs, lightly beaten. Dip the pieces of eel in the mixture, being careful to coat them evenly, then roll in fine white breadcrumbs and grill. Serve with either plain melted butter in a sauceboat or with Anchovy sauce (p. 53). Garnish with parsley.

### EEL PIE

Wash and dry 2 lbs. of conger eel and cut into slices about  $\frac{3}{4}$  inch thick and  $2\frac{1}{2}$  inches long. Blanch in boiling salted water for 3 or 4 minutes. Drain thoroughly, and place a layer of pieces of eel in a pie-dish. Season with salt and pepper and sprinkle with chopped parsley. Over this put a layer of sliced hard-boiled egg, and continue putting in alternate layers of eel and hard-boiled egg till the pie-dish is filled. Moisten with melted butter, a little white wine (optional), and cover with a layer of short crust, leaving a small opening in the centre for the steam to escape. Bake in a moderate oven for about 1 to  $1\frac{1}{2}$  hours. Before serving, pour in a little more melted butter.

### EELS À LA MEUNIÈRE

Cut a few small eels in 3-inch lengths and cook à la Meunière (p. 170).

### EEL À LA TARTARE

Cut the eel in 3-inch lengths and poach in a white wine court-bouillon (p. 168). Remove from the liquid, dry thoroughly, dip the pieces in flour, coat with yolk of egg and fine white breadcrumbs, and fry in deep fat. Drain, put on a hot dish, garnish with fried parsley and gherkins, and serve with a Tartare sauce (p. 71).

## EEL À LA POULETTE

Cut and poach the eel as in preceding recipe. Make a Poulette sauce (p. 68), using a little of the liquid in which the eels were cooked, and cook the pieces of eel in the sauce for 5 minutes.

## EEL EN MATELOTE

*Ingredients:* 2 lbs. of eel,  $\frac{1}{2}$  pint of red wine, 1 gill of stock or water, 5 ozs. of onions,  $\frac{1}{2}$  clove of garlic, 1 oz. of flour,  $1\frac{1}{2}$  ozs. of butter, mixed herbs, salt and pepper.

For the garnish:  $\frac{1}{2}$  lb. of mushrooms, 12 pickling onions, a few Dublin prawns, croûtons of fried bread.

*Method:* Put the sliced onions in a large saucepan with the fish, cut in 3-inch lengths, the chopped herbs, garlic and a little salt. Cover with wine and stock or water, put the lid on the saucepan, bring to the boil, and boil moderately fast for 15 minutes. Remove the pieces of eel from the saucepan, and strain the stock through a sieve into another saucepan. Let it boil till reduced by one-third. Now add the butter and flour, worked together, the mushrooms, previously cooked in butter, and the onions, also cooked in butter to a light brown. Cook for 10 minutes longer. To serve, pile the pieces of eel in the centre of a hot dish, pour the sauce over them, and garnish with the mushrooms, onions, prawns and croûtons of fried bread.

## FISH BALLS

These can be made with any kind of cooked fish, finely chopped and mixed with equal quantities of thick potato purée and moistened with thick Béchamel sauce (p. 52). Shape into small balls, roll in flour, and cook in butter to a light golden colour. American Fish Balls are usually made with salt cod. Serve with Tomato sauce (p. 71).

## FISH CAKES

These can be made with the same ingredients as the Fish Balls in preceding recipe, and shaped into round, flat cakes, floured, brushed over with yolk of egg, coated with bread-crumbs and cooked in butter; or the mixture can be put into a greased flat tin and made in one large cake, brushed over with egg, sprinkled with breadcrumbs and baked in the oven. Chopped anchovies, chopped prawns and shrimps can also be added to the fish and potato mixture, and sometimes a little chopped onion, previously cooked in butter, is added to fish cakes. They can be served with Tomato sauce or some appropriate fish sauce.

## FISH CROQUETTES

There are many kinds of fish croquettes and they can be varied according to individual tastes. One of the best mixtures



consists of finely chopped cooked mushrooms and chopped cooked fish, moistened with thick Béchamel sauce (p. 52). To every lb. of fish allow  $\frac{1}{2}$  lb. of mushrooms and  $\frac{1}{2}$  pint of very thick Béchamel. They can also be made, in the same proportions, with cooked rice or cooked and chopped macaroni or spaghetti. They can be flavoured with chopped anchovies, prawns or shrimps, with herbs, paprika, curry powder, etc. They can be shaped in various ways—into ovals, pear-shaped, cutlets, corks, squares, rectangles, etc. They should be dipped in flour, brushed over with beaten yolk of egg, coated with fine white bread-crumbs and fried in deep fat. They are served with an appropriate fish sauce—Anchovy, Shrimp, Egg, etc.

### FISH RISsoles

They are made with the same mixtures as those in the preceding recipes, but are dipped in batter (p. 84 for Batter for Fish) and also fried in deep fat.

### FISH FRITTERS

Cut the cooked fish in  $\frac{1}{2}$ -inch lengths, season with salt, sprinkle with a little lemon juice, dip 3 or 4 pieces at a time in frying batter (p. 84) and drop a spoonful at a time in very hot deep fat. Cook to a light golden colour, drain and serve with a garnish of parsley.

### FISH SOUFFLÉ (1)

Chop very finely or pound in a mortar  $\frac{1}{2}$  lb. of cooked fish, free from all skin and bone. Put in a saucepan on a slow fire and add gradually 4 tablespoons of thick, hot Béchamel sauce (p. 52). Season with salt, pepper and a little grated nutmeg. Remove from the fire and beat in the yolks of 6 eggs and finally the whites of 8 eggs, beaten to a stiff froth. Pour in a buttered soufflé dish and put in a brisk oven at first, lowering the temperature after 5 to 8 minutes. Bake for about 20 to 25 minutes, till the soufflé has risen. Serve at once.

### FISH SOUFFLÉ (2)

Melt 1 heaped tablespoon of butter in a saucepan and add 1 tablespoon of flour. Stir over a slow fire to a smooth paste. Add gradually  $\frac{1}{2}$  pint of boiling milk. Remove from the fire, stir in the yolks of 4 eggs and replace on a slow fire. Stir till the mixture begins to thicken slightly. Then add 4 ozs. of cooked fish, free from skin and bones, and very finely chopped. Remove from the fire and, when nearly cold, fold in the whites of 5 eggs beaten to a stiff froth. Season with salt and pepper. Pour into a well-buttered soufflé dish, filling the dish only three-quarters full, and bake in the same manner as in preceding recipe.†

## FISH FORCEMEATS

*For Stuffings or Quenelles*

A plain forcemeat can be made with  $\frac{1}{2}$  lb. of fish, either pounded in a mortar or rubbed through a sieve and made into a thick purée with 5 ozs. of bread, soaked in milk and well squeezed,  $2\frac{1}{2}$  ozs. of butter, 1 whole egg, 1 or 2 tablespoons of reduced Velouté sauce or Béchamel (pp. 72, 52) and a seasoning of salt and pepper. Mix all to a smooth paste over a slow fire and use as required. The fish generally used for stuffing is whiting. This can be varied by the addition of mixed chopped herbs, of chopped prawns or shrimps, of oysters or mussels, of mushrooms, or of tomatoes, according to the fish and the manner in which it is cooked.

Another forcemeat can be made as follows, and is particularly adapted to braised fish. Put  $\frac{1}{2}$  lb. of uncooked fish roe in a basin with 5 ozs. of bread soaked in milk and squeezed, 1 teaspoon of chopped chives or shallots,  $\frac{1}{2}$  oz. of chopped chervil,  $1\frac{1}{2}$  ozs. of butter, 1 whole egg and 3 yolks, 2 or 3 sprigs of chopped parsley, and a seasoning of salt, pepper and a pinch of nutmeg. Mix all thoroughly and use as required.

## FISH PIE

To every lb. of cold cooked fish allow 2 tablespoons of cooked mashed potatoes, 4 ozs. of suet, 2 tablespoons of white breadcrumbs, milk, butter, 2 eggs, brown breadcrumbs, salt and pepper. Skin and bone the fish, chop coarsely, mix with the finely chopped suet, the potatoes, white breadcrumbs, and add the eggs and sufficient milk to make into a somewhat stiff batter. Season with salt and pepper and put the mixture in a well-buttered baking dish, sprinkle with brown breadcrumbs, dot with a few pats of butter and bake in a moderate oven for about 45 minutes. Serve in the dish in which it was cooked.

## FISH PUDDING

Chop 1 lb. of fish finely and mix with a  $\frac{1}{4}$  lb. of finely chopped suet. Add 2 ozs. of breadcrumbs, a little chopped parsley, season with salt, pepper and a few drops of anchovy essence. Add 2 beaten eggs and moisten with 1 gill of either milk or fish stock. Put in a well-buttered plain mould or basin, cover with greased paper and steam gently for  $1\frac{1}{2}$  hours. Serve with either Egg or Anchovy sauce (pp. 61, 53) or with melted butter.

## FISH SALAD

This can be made with almost any kind of white fish, such as turbot, brill, halibut, etc., or with salmon or salmon trout. There are various ways of preparing it. Garnish a salad bowl

with lettuce leaves, put the fish over these—the fish should be cut in inch lengths—and cover with a mayonnaise dressing. The whole can be garnished with fillets of anchovy, capers and sliced gherkins. Or instead of the lettuce the pieces of fish can be mixed with cooked potatoes, either sliced or cut in dice. Or the mayonnaise can be flavoured with a little anchovy essence, or with pounded tunny fish, etc.

### FISH, SCALLOPED

This consists of any cooked fish, flaked, put in scallop shells, covered with a thick Béchamel (p. 52) and flavoured according to taste with anchovy essence, mustard, etc. Sprinkle with breadcrumbs, put a pat of butter on each, and put in a brisk oven to brown.

### FISH GULASCH (Hungarian and Austrian)

*(Fish Stew with Paprika)*

Any kind of uncooked white fish can be used for this, such as turbot, brill, halibut, cod, etc. Slice 6 large onions and fry in a good amount of hot fat till a golden colour. Then add the fish, cut in 2-inch lengths, free from skin and bones, sprinkle with  $1\frac{1}{2}$  tablespoons of paprika, season with salt and pepper, and just cover with a little stock or water. Simmer for 1 hour or a little longer, without stirring. Add a little more water or stock if too thick. Plain boiled rice is usually served with this.

### FISH MOUSSE

*Ingredients:*  $\frac{3}{4}$  lbs. of cooked fish, pounded in a mortar and rubbed through a sieve, 4 tablespoons of either thick Béchamel or Velouté sauce (pp. 52, 72),  $\frac{1}{2}$  pint of cream, 2 or 3 tablespoons of melted aspic jelly or  $\frac{1}{2}$  oz. of dissolved leaf gelatine, salt and a little pepper.

*Method:* Put the fish purée in a basin, add gradually the Béchamel or the Velouté and the melted aspic jelly. Season with salt and pepper. Add gradually the whipped cream, beating continuously. The mousse should be very light. Turn the mixture in a plain mould and stand on ice or in a cool place till set. When about to serve, dip the mould in warm water for a few seconds only, dry it and turn out the mousse carefully.

### FLOUNDER, GRILLED

Make slight incisions from the head to the tail on both sides of the fish, season with salt and pepper, brush over with oil, and grill. Serve with either Butter sauce, Anchovy sauce, or Fines Herbes sauce (pp. 56, 53, 61).

**FLOUNDER À LA MEUNIÈRE**

See Fish cooked à la Meunière (p. 170).

**FLOUNDER, FRIED**

The fish should be filleted and prepared and fried in deep fat, as explained on page 87.

**FLOUNDER (Various)**

Flounders can be prepared in the same manner as small turbot and served with the same sauces (p. 210).

**GRAYLING, BAKED IN BUTTER**

Put 2 or 3 medium-sized grayling, which have been emptied, scaled and washed, in a buttered fireproof dish, moisten with melted butter, season with salt and pepper, and put in a moderate oven for 20 to 25 minutes, basting frequently with butter. Serve in the dish in which they were cooked.

**GRAYLING, FRIED**

Choose small graylings, empty, wash and scale the fish and dry thoroughly. Dip in flour, coat with egg and white bread-crumbs, seasoned with salt, and fry in deep fat. Serve with either Butter or Parsley sauce (pp. 56, 67).

**GRAYLING, GRILLED**

Choose small graylings, empty, etc., season with salt, brush over with oil and grill. Serve with quartered lemon.

**GUDGEONS, FRIED (1)**

Clean the fish, but do not remove the scales. Dip in flour, coat with yolk of egg and white breadcrumbs and fry quickly in very hot, deep oil. Drain and serve with quartered lemon.

**GUDGEONS, FRIED (2)**

Clean and wash the fish and dip either in milk, to which a little salt has been added, or in frothy beer, then roll in flour and fry in deep very hot oil. Drain and serve with fried parsley and slices of lemon.

**GUDGEONS À LA RUSSE**

Clean and wash the fish. Poach in a highly seasoned white wine court-bouillon (p. 168). When done, let them cool in the liquid. Then dry them thoroughly and cover with a thick mayonnaise to which a few tablespoons of melted aspic jelly has been added. Stand in a cold place till set.

### GURNET, BAKED

Split the fish open on the belly side, clean, and stuff with Fish Forcemeat (p. 182). Truss the fish with its tail in its mouth, and put in a saucepan or earthenware casserole with 3 or 4 tablespoons of butter, 2 tablespoons of chopped shallots, a glass of sherry, and sprinkle the fish with breadcrumbs and season with salt and pepper. Cover and put in a moderate oven for 30 to 40 minutes. When done, remove the fish from the saucepan and keep hot. Add  $\frac{1}{2}$  pint of Béchamel sauce (p. 52) to the sauce in the saucepan and a few drops of anchovy essence. Stir well and pour over the fish.

### GURNETS, FILLETS OF, EN MATELOTE

Dip the fillets of gurnet in flour, coat with egg and breadcrumbs and fry in deep fat. Drain, and serve with a Matelote sauce (p. 63).

### GURNET, FILLETS OF, À LA MAÎTRE D'HÔTEL

Put the fillets in a well-buttered fireproof dish, season with salt, pepper and the juice of 1 small lemon, and put in a moderate oven for 25 to 30 minutes. When done, put the fillets on a hot dish, mix 4 tablespoons of melted Maître d'Hôtel Butter (p. 75) with the sauce in which the fish was cooked, and pour over the fillets.

### HADDOCK, FRESH

Fresh haddock can be prepared and cooked in the same manner as fresh cod (p. 173). Here, however, are a few special recipes.

### HADDOCK WITH TOMATOES AND LEMON

Make 5 or 6 incisions, about  $\frac{1}{4}$  inch deep, from the head to the tail on one side of the fish, and in each put a thin slice of lemon. Lay the fish in a well-buttered fireproof dish, surround with sliced tomatoes, season with salt and pepper, add 1 glass of white wine, dot the fish with pats of butter, and bake in a moderate oven for 25 to 30 minutes, according to the size of the fish. Serve in the dish in which it was cooked.

### HADDOCK, STUFFED

Stuff the fish with a Fish Forcemeat (p. 182), put in a buttered fireproof dish, season with salt and pepper, pour melted butter over it and put in a moderate oven. Bake for 25 to 30 minutes, basting frequently with butter. Serve in the dish in which it was cooked.

### HADDOCK À LA HOLLANDAISE

Cook the fillets of haddock to a light brown in a little butter (see Fish Cooked à la Meunière, p. 170), seasoning with salt, pepper

and the juice of  $\frac{1}{2}$  lemon. When done, place on a hot dish and pour Hollandaise sauce over them (p. 62).

### HADDOCK À LA WALTER SCOTT

Divide the haddock in 4 or 5 slices or steaks, and cook for 20 to 25 minutes, or till tender, in the following sauce: Put 2 tablespoons of chopped onions in a saucepan with 1 tablespoon of Harvey sauce, 1 of Tomato Ketchup, 3 ozs. of butter, mix well and simmer for 15 minutes. Then put in the slices of haddock, season with salt and pepper, and cook till done. To serve, place the pieces of fish on a hot dish, reduce the sauce, add a pinch of sugar and a little essence of anchovy and pour over the fish.

### HADDOCK À L'ÉCOSSAISE

Take 3 or 4 medium-sized haddocks, clean and remove the heads, tails and fins. Put these latter, with 1 haddock cut in small pieces, in a saucepan with 1 quart of cold water, bring to the boil and skim. Then add 2 onions, a strip of lemon peel, mixed herbs, and season with mixed spices, salt and pepper and a little mushroom ketchup. Simmer for 1 hour. Thicken with a little flour and butter worked to a smooth paste and browned. Then strain in a clean saucepan, bring to the boil and put in the other haddocks, cut in neat slices and previously browned in butter. Simmer for 20 to 25 minutes, till the fish is tender. When ready, put the slices of haddock on a hot dish and pour the sauce around them. Two or 3 dozen oysters or mussels can be added to this sauce, with a glass of their liquor, and a glass of either red or white wine.

### HADDOCK, SMOKED, GRILLED.

One of the best ways of cooking smoked haddock is to grill it. Grill on a quick fire and spread with cold butter before serving.

### HADDOCK, SMOKED, BAKED

When the haddocks are not split, open them, remove the backbone, spread with butter, close up, lay them on a baking tin and cook for 5 to 8 minutes in the oven.

### HADDOCK, SMOKED, FRIED

Put a rasher of fat bacon in a frying-pan with a little water, and, when the fat has melted a little, put in the haddocks, cover with a lid or a plate, and cook for 10 minutes, turning the fish once.

### HADDOCK, SMOKED, STEWED

Take 1 or 2 Finnan haddocks, remove the skins and cut them in small neat pieces. Melt 1 heaped tablespoon of butter in a

saucepan, add the fish, cover, and simmer for 10 minutes. Mix 1 teaspoonful of cornflour with 1 breakfastcup of hot milk and pour over the fish. Stir well and simmer for 5 minutes. Put the pieces of fish on a hot dish and pour the sauce over them.

### FINNAN HADDOCK WITH BACON

Skin the fish, put it in a saucepan and cover with cold water. Bring to the boil and simmer for 5 minutes. Remove from the water and drain thoroughly. Put the fish in a fireproof dish and cover with rashers of bacon. Place in a moderate oven and bake till the rashers are done.

### FINNAN HADDOCK WITH TOMATOES

Put the fish in a saucepan, cover with cold water and bring to the boil. Simmer till quite tender. When done, remove from the water, dry thoroughly, skin and bone the fish and divide into flakes. Slice or quarter  $\frac{3}{4}$  lbs. of tomatoes, put a layer of these in a well-buttered fireproof dish, over them put the flaked fish, and cover with another layer of tomatoes. Season with salt and pepper, sprinkle with breadcrumbs, dot with a few pats of butter, and brown in a quick oven.

### HADDOCK KEDGEREE

*Ingredients:*  $\frac{1}{4}$  lb. rice, preferably Patna rice,  $\frac{1}{2}$  lb. cooked smoked haddock, 2 hard-boiled eggs, 2 ozs. of butter, salt, pepper and cayenne.

*Method:* Cook the rice in a plentiful amount of boiling salted water for 13 minutes. Put on a sieve, pour cold water over and let stand for 1 hour to drain. Melt the butter in a saucepan and when hot add the rice, season with salt, pepper and cayenne, add the cooked fish, skinned, boned and divided in flakes, the chopped whites of egg, and mix all thoroughly. When very hot pile the mixture in a pyramidal form on a hot dish and sprinkle with finely chopped yolks of egg.

### HAKE FRIED IN BATTER

Cut the hake into fillets or steaks, put in a pie-dish, season with salt and pepper, sprinkle freely with lemon juice, a little chopped onion and parsley. Let stand for 1 hour. Then drain and dry the fish, dip in batter (p. 84), and fry in deep fat. Drain, serve on a folded napkin, with a Tomato sauce (p. 71) in a sauceboat.

### HAKE, CURRIED

Cook the fillets of hake in butter (Fish Cooked in Butter, or Meunière, p. 170) and when nearly done cover with Curry sauce (p. 59), stir well and cook a little longer.

## HALIBUT

This fish, which is very similar to turbot, can be prepared and cooked in the same manner as turbot and served with the same sauces. The following recipes are, however, particularly suitable to halibut.

### HALIBUT WITH WHITE WINE

The fish should be divided in steaks about 1 inch thick. Put in a well-buttered fireproof dish, season with salt and pepper, add 3 tablespoons of fish stock or mushroom stock (water in which mushrooms have been boiled), 4 tablespoons of white wine, and put in a moderate oven for 25 to 30 minutes. Before serving, sprinkle with chopped parsley.

### HALIBUT STEAKS WITH PAPRIKA

Proceed as in the foregoing recipe, but sprinkle the fish with 2 tablespoons of paprika, baste frequently, and bake in a moderate oven for 25 to 30 minutes.

### HALIBUT STEAKS WITH BÉCHAMEL SAUCE AND ANCHOVIES

Put the halibut steaks in a fireproof dish and cover with  $\frac{1}{2}$  pint of somewhat thin Béchamel sauce (p. 52) to which 12 fillets of anchovy (in oil) coarsely chopped, have been added. Bake in a moderate oven for 25 to 30 minutes.

### HALIBUT WITH PRAWNS

Put the halibut steaks in a buttered fireproof dish, with 4 tablespoons of white wine and 4 tablespoons of Prawn Butter (p. 76), putting pats of Prawn Butter on each slice of fish. Season with salt and pepper and cook in the oven, as in foregoing recipes. Five minutes before serving garnish the fish with shelled prawns. Serve in the dish in which the fish is cooked.

### HERRINGS, FRESH, GRILLED

Brush the fish over with flour, then oil, and grill. Serve with Mustard sauce (p. 65).

### HERRINGS, FRIED IN THE SCOTCH MANNER

Clean and dry the fish. Season with salt and pepper and roll in coarse oatmeal, being sure to coat the fish evenly. Cook in dripping or hot butter, allowing 1 oz. to each two small herrings. Drain and serve with parsley and quartered lemons.

### HERRINGS, BAKED

Wash the herrings, cut off the heads, split open the fish and remove the backbone. Season highly with salt and pepper, roll



up the fish tightly, and pack closely in a pie-dish. Cover with sliced onions and half fill the dish with equal quantities of water and vinegar. Bake in a slow oven for 2 hours. When done, remove the onion and serve, or if preferred cold, let stand in the pie-dish till ready to serve.

### HERRINGS, STUFFED AND BAKED

Wash and clean the herrings, split them and remove the backbone, and stuff with Fish Force meat (p. 182). Roll tightly, pack closely in a pie-dish on a layer of fish forcemeat, season with salt and pepper, and half fill the dish with fish stock or water to which 2 tablespoons of vinegar have been added. Put in a moderate oven for 1 to 1½ hours. Serve very hot.

### HERRINGS EN MARINADE

Put 1 pint of water in an earthenware saucepan with ¾ pint of white wine and ½ pint of wine vinegar. Season with 1 tablespoon of coarse salt (*gros sel*), 12 peppercorns, 1 large sliced onion, 1 large sliced carrot, 2 or 3 sprigs of thyme, parsley, marjoram, a sprig of fennel, rosemary, and 1 bayleaf. Bring to the boil and simmer gently for 30 minutes. Then add the herrings, cleaned, split, and with the backbone removed, and simmer for 8 to 10 minutes, or less, according to the size of the fish. Remove the casserole from the fire and let the fish get cold in the marinade.

### HERRINGS À LA MEUNIÈRE

See Fish cooked à la Meunière (p. 170).

### HERRINGS, STUFFED

Clean the fish, split open and remove the backbone. Stuff with Fish Force meat (p. 182) and wrap in a piece of oiled plain foolscap paper. Cook in a moderate oven for 25 to 30 minutes, or less according to the size of the fish. Serve with a White Wine sauce (p. 73).

### HERRINGS PORTIÈRE

Cook the herrings à la Meunière (p. 170) and when done spread French mustard over them, sprinkle with parsley, pour a little Brown Butter over them (p. 55) and a little vinegar.

### HERRINGS À LA DIABLE

Make a few slight incisions on both sides of the fish from the head to the tail, brush over with French mustard, coat with fine white breadcrumbs mixed with a little salt, and grill the fish. Serve with a Ravigote sauce (p. 69).

**HERRINGS, FILLETS OF, WITH PRAWN BUTTER**

Dip the fillets of herring in milk, then in flour, brush over with beaten yolk of egg and coat with white breadcrumbs. Fry in deep fat. Drain, put on a hot dish, and on each fillet put a pat of Prawn Butter (p. 76). Garnish the dish with parsley.

**HERRINGS BAKED WITH POTATOES AND ONIONS**

Butter a fireproof dish and put in a layer of sliced potatoes which have been half cooked. Over this lay the fillets of herring, season with salt and pepper, sprinkle with sliced onions, chopped parsley, mixed herbs, 1 bayleaf, and put in a hot oven. After 8 to 10 minutes pour a little melted butter or oil over the fish, add  $\frac{1}{2}$  tumbler red wine and 2 tablespoons of vinegar and replace in the oven for another 20 minutes or so, till the potatoes and the fish are cooked.

**HERRINGS À LA CRÈME**

Put the herrings in a deep fireproof dish or in a saucepan, cover with cold water to which a little wine or vinegar has been added and 1 tablespoon of salt. Bring to the boil, cover and simmer in the oven for 15 to 20 minutes, till the fish are tender. Drain thoroughly, put on a hot dish and pour a Cream sauce over them (p. 59).

**HERRINGS, SMOKED OR KIPPERED, GRILLED**

If quite fresh the kippers should be put in hot water for not more than 1 or 2 minutes and wiped quite dry, but if they seem dried or over-smoked, they should be soaked for 1 hour. Brush over with oil or melted butter, and grill. When done, spread with cold butter and serve.

**HERRINGS, SMOKED, IN BUTTER**

Melt sufficient butter to cover the bottom of the frying-pan, and cook the herring till tender. Spread with cold butter before serving.

**HERRINGS, SMOKED, PICKLED**

Split the herrings down the back and soak in cold water for 2 hours. Put them in a deep dish or a pie-dish with alternate layers of sliced onions, sprinkle with salt, pepper, and 2 tablespoons of brown sugar. Cover with vinegar, and stand in a cold place for 12 hours.

**HERRINGS, SMOKED**

For other smoked herring recipes, see *Hors d'œuvre* (p. 97).

**HERRING ROES**

See *Savouries* (p. 645).

## JOHN DORY

This fish can be prepared and cooked in the same manner as turbot, and with the same sauces. Here are a few special recipes for John Dory.

## JOHN DORY EN MATELOTE MARINIÈRE

Poach the fish in a white wine court-bouillon (p. 168), drain, and put on a hot dish. Pour over it a Matelote sauce (p. 63), to which a few oysters have been added 5 minutes before serving.

## JOHN DORY À LA CRÈME

Poach the fish in a wine court-bouillon (p. 168), drain, put it on a napkin on a hot dish, and garnish with sprigs of parsley. Serve with a Cream sauce (p. 59) to which a little lemon juice has been added.

## JOHN DORY WITH PRAWN PURÉE

Poach the fish as in the preceding recipe, put on a hot dish when done, and pour the following sauce over it: Pick  $\frac{3}{4}$  pint of prawns and pound in a mortar with a  $\frac{1}{4}$  lb. butter. Put  $\frac{1}{2}$  pint Béchamel sauce (p. 52) in a saucepan, thin with a little melted butter, bring to the boil and stir in the prawn purée. Simmer and stir for 3 or 4 minutes and pour over the fish.

## KEDGEREE

See Haddock Kedgerée (p. 187).

## LAMPREY, STEWED

Wash the lamprey thoroughly in warm salted water, dry, and remove the head, tail and fins, and cut the fish in 2-inch lengths. Put  $\frac{3}{4}$  pint of stock or water in a saucepan, bring to the boil and add the pieces of fish. Skim, add 2 onions, previously lightly browned in butter, mixed herbs, 1 bayleaf, salt and peppercorns. Simmer gently for 45 minutes. Thicken with 1 oz. butter, worked with the same quantity of flour, add 2 or 3 large peeled mushrooms or 6 small ones, the juice of 1 small lemon, 1 glass of port or sherry, and simmer for another 30 minutes. To serve, put the pieces of lamprey on a hot dish, strain the sauce over them, garnish with the mushrooms and with slices of lemon.

## "TO STEW LAMPREYS AS AT WORCESTER"

*(Old English Recipe)*

"After cleaning the fish carefully, remove the cartilage which runs down the back, and season with a small quantity of cloves, mace, nutmeg, pepper and allspice; put it into a small stew-pan,

with very strong beef gravy, Port, and an equal quantity of Madeira or sherry.

"It must be covered close; stew till tender, then take out the lamprey and keep hot, while you boil up the liquor with two or three anchovies chopped, and some flour and butter; strain the gravy through a sieve, and add lemon juice and some made mustard. Serve with sippets of bread and horseradish."

### LAMPREY, BAKED

Wash and dry the fish and remove cartilage and strings which run down the back. Stuff with Fish Force meat (p. 182), sew up the opening, and poach in a court-bouillon of water and vinegar (p. 168) for 20 minutes. Drain, and put in a well-buttered baking-tin or fireproof dish and bake in a moderate oven for 30 minutes, basting frequently. Remove from the oven, strip the skin from the fish, sprinkle with flour, then brush over with yolk of egg and coat with breadcrumbs. Brown in a quick oven and serve with a little of the butter from the pan poured over it and with slices of lemon.

### LAMPREYS, POTTED

Slit the fish and clean them, and dry thoroughly. They should not be washed. Rub them over with salt and pepper and let stand overnight. Wipe again till quite dry, season with salt, pepper, mace and a little nutmeg, roll them up tight, put them in a pot with some butter, cover with strong paper and bake in a moderate oven for 1½ to 2 hours. When nearly cold, drain off the butter, put in a glass jar and cover with clarified butter.

### MACKEREL, GRILLED

Make light incisions from the head to the tail of the fish on both sides, brush over with a little flour, season with salt, brush over with oil, and grill. Serve with a Mustard sauce (p. 65).

### MACKEREL, BOILED OR POACHED

Poach the mackerel in either a wine or a vinegar court-bouillon (p. 168), drain thoroughly, put on a hot dish and pour over it either a Parsley, Fennel or Anchovy sauce (pp. 67, 61, 53).

### MACKEREL, PICKLED

Clean and wash 2 or 3 mackerel and remove the roes. Put them in an earthenware dish or casserole with the roes, sprinkle freely with salt and pepper, add 2 bayleaves, a little allspice, 12 peppercorns, cover with ½ pint of vinegar, 1 gill of water, put the lid on the casserole and bake in a very moderate oven for 30 minutes. Let stand in the marinade till quite cold.



ABOVE: *Minced meat, garnished with toast and hard-boiled eggs*  
BELOW: *Curried prawns, with rice*



ABOVE : *Tournedos, served with new peas and potatoes*

BELOW : *A minute steak served with tomatoes, and garnished with w...*

**MACKEREL, MARINÉS (French)**

Put  $\frac{3}{4}$  of white wine and  $\frac{1}{4}$  of wine vinegar in an earthenware casserole with 1 medium-sized sliced onion, 1 sliced carrot, 2 or 3 chopped shallots, 2 sprigs of thyme, parsley, 1 bayleaf, coarse salt, and a few peppercorns. Bring to the boil and simmer for 20 minutes. Remove from the fire, and when lukewarm put in the mackerel, previously cleaned, replace the casserole on the fire or in the oven, and poach for 12 to 15 minutes. Let the fish stand in the marinade till cold.

**MACKEREL, À LA MEUNIÈRE**

See Fish cooked à la Meunière (p. 170).

**MACKEREL WITH GOOSEBERRIES**

*(Macquereaux aux groseilles)*

Allow  $\frac{1}{2}$  lb. of gooseberries to each mackerel. Remove the stalks from the gooseberries and boil half of them in slightly salted water for about 5 minutes. Remove the skins and put them in a basin with 2 hard-boiled eggs pounded in a mortar or rubbed through a sieve, a little chopped parsley, butter, salt and pepper. Stuff the fish with a little of the mixture, place in a well-buttered fireproof dish, pour melted butter over them, season with salt and pepper, and cook in a moderate oven for 20 to 30 minutes, according to the size of the fish, basting frequently. Ten minutes before serving add 4 tablespoons of cream to the sauce, stirring well, and the remaining gooseberries. Serve in the dish in which they were cooked.

**MACKEREL, BOILED À LA BOULONNAISE**

Clean the fish and divide into 2-inch lengths. Poach in a vinegar court-bouillon (p. 168). Drain, and put on a hot dish. Surround with cooked mussels (p. 220) and cover with either a Butter sauce (p. 56) or a White sauce using, for the latter, a little of the court-bouillon.

**MACKEREL STEWED WITH LEEKS**

Remove the head and tail of the mackerel and divide the rest in 2-inch lengths. Boil the heads and tails for about 20 minutes in  $\frac{1}{2}$  pint of water and 1 gill of white wine, with a little parsley, thyme, 1 bayleaf and 2 or 3 cloves. Remove the green part from the leeks and cut the white part crosswise in thin rounds. Cook in a little butter till tender, but without browning. Add the pieces of fish, mix with the leeks, and sprinkle with  $\frac{1}{2}$  tablespoon of flour. Cook for a few minutes longer and add the strained fish stock, made with the heads and tails of the fish. Bring to the boil and allow to boil for 5 to 6 minutes, then

simmer gently for another 15 minutes. The sauce should have reduced by half during the process of cooking. Serve in a deep dish.

### MACKEREL, FILLETS OF, WITH ANCHOVY CREAM SAUCE

Cook the fillets of mackerel in butter (Fish Cooked à la Meunière, p. 170), put on a hot dish and cover with Cream sauce to which Anchovy Butter has been added (p. 74). Allow 2 tablespoons of melted Anchovy Butter to every  $\frac{1}{2}$  pint of sauce.

### MACKEREL, FILLETS OF, FRANÇILLON

Grill the fillets (p. 170), place on slices of bread fried in butter, coated with Anchovy Butter (p. 74), and garnish with potato straws. Serve with a Tomato sauce (p. 71).

### MACKEREL WITH CURRY SAUCE

Poach the fillets of mackerel in a wine or vinegar court-bouillon (p. 168), drain and put on a hot dish and pour a Curry sauce over them (p. 59). Serve with plain boiled rice.

### MULLET, GREY, À LA MAÎTRE D'HÔTEL

Make light incisions in the fish from the head to the tail on both sides, season with salt, dip in flour, brush over with oil and grill. Put on a hot dish, and pour melted Maître d'Hôtel Butter over them (p. 75).

### MULLET, GREY, À LA NIÇOISE

Season the fish with salt, pepper, and a little nutmeg, and brush over with oil, and grill. When done, put in a fireproof dish and sprinkle with the following mixture: Chop 1 or 2 large mushrooms, 1 onion, 1 small truffle,  $\frac{1}{2}$  small shallot, 1 teaspoon of brown breadcrumbs, and mix thoroughly. Sprinkle over the fish, moisten with a glass of white wine, dot with pats of butter and put in a brisk oven for 5 to 8 minutes.

### MULLET, GREY, WITH WHITE WINE

Put a little chopped fennel and parsley and bayleaf inside the fish, with  $\frac{1}{2}$  chopped clove of garlic (optional). Put a few tablespoons of oil in a fireproof dish, and when hot add 1 finely chopped onion and cook to a light golden colour. Sprinkle the mullet with flour and put in the dish. Season with salt and pepper, sprinkle the fish with fine white breadcrumbs, pour over it 1 glass of white wine and cook in a moderate oven for about 30 minutes, or longer, according to the size of the fish.



**MULLET, RED, GRILLED**

Mullet should not be boiled or poached. It is far preferable to grill them or to cook them in butter.

Make incisions from the head to the tail of the fish, dip in flour, season with salt and pepper, brush over with oil, and grill. Serve with a Butter sauce (p. 56) to which a good squeeze of lemon juice has been added.

**MULLET, RED, À LA MEUNIÈRE**

See Fish à la Meunière (p. 170). This is a particularly suitable way of cooking red mullet.

**MULLET, RED, WITH FENNEL**

Make incisions in the fish from the head to the tail on both sides. Put them in a deep dish with oil, lemon juice, a good sprinkling of chopped fennel and a seasoning of salt and pepper. Let stand for 3 hours. Chop 1 or 2 slices of fat gammon and a little parsley and add to the marinade. Wrap each fish in a piece of oiled paper, with a little of the chopped herbs and gammon, and either grill or put in a moderate oven for 25 to 30 minutes, according to the size of the fish. Serve in the oiled paper.

**MULLET, RED, EN PAPILOTE**

Put the grilled mullets on a piece of oiled paper cut for Papillotes (p. 299) between 2 layers of thick Duxelles' sauce (p. 60), and put in a brisk oven till the paper begins to brown. Serve in the oiled paper.

**MULLET, RED, AU GRATIN**

Lay the fish in a buttered fireproof dish, surround with a few sliced mushrooms, add 3 or 4 tablespoons of white wine and cover with Duxelles sauce (p. 60). Sprinkle with bread-crumbs and put in a moderate oven for 30 minutes, or till the fish is tender and the gratin is slightly browned.

**MULLET, RED, À LA LIVOURNAISE**

Lay the fish in a well-buttered fireproof dish, cover with chopped tomatoes, previously cooked in a little butter, and with 1 chopped onion and a little garlic, also cooked in butter, but without browning. Season with salt and pepper, add 3 or 4 tablespoons of oil, sprinkle with breadcrumbs and put in a moderate oven for 20 to 25 minutes. Remove from the oven, add a good squeeze of lemon juice and sprinkle with chopped parsley.

**MULLET, RED, À LA GRENOBLOISE**

Cook the fish à la Meunière (p. 170), garnish with slices of lemon, capers and chopped parsley, and pour a little Brown Butter (p. 55) over the whole.

**MULLET, RED, À L'ORIENTALE**

Put the fish in an oiled fireproof dish, season with salt, cover with white wine, add 3 or 4 chopped tomatoes, a few sprigs of parsley, fennel, thyme, 1 or 2 bayleaves, peppercorns, a few coriander seeds and a good pinch of saffron. Bring slowly to the boil and simmer very gently for 10 to 12 minutes. Remove from the fire or the oven and let the fish remain in the marinade till quite cold. To serve, put on a dish, pour over a little of the marinade, and garnish with slices of lemon.

**PERCH, FRIED**

Small perch are usually fried in deep fat (p. 87). Drain and serve with either Anchovy, Shrimp, or Butter sauce (pp. 53, 70, 56).

**PERCH À LA MEUNIÈRE**

This method is especially applicable to medium-sized perch. (See p. 170 for Fish à la Meunière.)

**PERCH, STUFFED À LA BERCY**

This is one of the methods of cooking large perch. Clean and stuff the fish with Fish Force meat (p. 182), make incisions on both sides of the fish from the head to the tail, season with salt and pepper, wrap in oiled paper and bake in a moderate oven for about 40 to 45 minutes, according to the size of the fish. When done, remove from the paper, place on a hot dish and serve with Bercy sauce (p. 54).

**PERCH, GRILLED**

The perch can either be grilled whole, or can be divided in slices or steaks. When whole, make incisions in the usual way, season with salt and pepper, and let stand for 1 hour in a marinade of oil, lemon juice, chopped parsley, thyme and a bayleaf, salt and peppercorns. Grill over a slow fire and baste frequently with melted butter. It will take from 30 to 40 minutes to grill a medium-sized perch. Serve with slices of lemon and melted Maître d'Hôtel Butter or Anchovy Butter (pp. 75, 74). When sliced in  $\frac{1}{2}$ -inch steaks, soak in the marinade for 20 minutes and grill for about 15 to 20 minutes over a quicker fire. Serve in the same way as the whole fish.

**PERCH, SAUCE HOLLANDAISE**

Poach the fish in a water and vinegar court-bouillon (p. 168), drain, and dish up on a folded napkin on a hot dish, with a garnish of plain boiled potatoes, and serve with a Hollandaise sauce (p. 62).

**PERCH AU GRATIN**

Lay the fish in a buttered fireproof dish on a layer of Duxelles sauce (p. 60), add a glass of white wine, cover with Duxelles sauce, sprinkle with breadcrumbs, pour over the whole a little melted butter and bake in a moderate oven for 30 to 40 minutes, according to the size of the fish. When done, sprinkle with a little chopped parsley and lemon juice.

**PIKE, CRIMPED AND FRIED**

The pike should be freshly caught and fairly large. Scale and clean the fish and cut in  $\frac{1}{2}$ -inch slices. Soak in cold water for 1 to  $1\frac{1}{2}$  hours. Drain and dry thoroughly and fry in deep fat (p. 87). Drain, put on a hot dish, garnish with parsley and serve with either a Piquante sauce or Anchovy sauce (pp. 67, and 53).

**PIKE, GRILLED, SAUCE TARTARE**

Make light incisions in the fish from head to tail on both sides, season with salt and pepper, dip in flour, brush over with yolk of egg, coat with white breadcrumbs, and grill on a slow fire. When done, put on a hot dish and serve with a Tartare sauce (p. 71).

**PIKE À LA MEUNIÈRE**

Divide the fish in  $\frac{1}{2}$ -inch slices or steaks and cook à la Meunière (p. 170).

**PIKE, BAKED**

Stuff a medium-sized pike with fish forcemeat (p. 182) and put in a well-buttered fireproof dish, with a finely chopped clove of garlic and  $\frac{1}{2}$  tumbler of claret. Season well with salt and pepper. Put in a moderate oven and bake for 40 to 45 minutes, basting frequently with butter. When done, sprinkle with a little orange juice and serve in the dish in which it was cooked.

**PILCHARDS**

These are prepared and cooked in the same manner as herrings.

### PILCHARD PIE

Clean the fish and cut in 3 or 4-inch squares. Boil the trimmings and bones for 20 to 30 minutes for stock. Pack the pieces of fish closely in a pie-dish, season with salt and pepper, sprinkle with parsley and moisten with a little of the strained fish stock. Cover with short crust, leaving an opening in the middle for the steam to escape. Bake in a moderate oven for 30 to 40 minutes. Five minutes before serving, pour 4 or 5 tablespoons of cream in the opening.

### PLAICE

Practically all the recipes applicable to sole can be used in the preparation and cooking of plaice.

### SALMON, BOILED OR POACHED

The whole fish or large pieces of the middle-cut of salmon are usually poached in a vinegar court-bouillon (p. 168). The sauces which are the most appropriate are the following: Anchovy, Caper, Prawn Butter, Genévoise, Lobster Butter, Oyster, Ravigote, Brown Butter. In England it is customary to serve sliced cucumber, either with or without a salad dressing, with salmon.

### SALMON, GRILLED

The fish should be divided in steaks weighing each about 4 to 5 ozs. Season with salt and a little pepper, brush over with oil, and grill over a hot fire at first and moderate the heat after 5 minutes. Serve with either Maître d'Hôtel or Anchovy Butter (pp. 75, 74).

### SALMON STEAKS À LA MEUNIÈRE

Divide into steaks as in preceding recipe and cook à la Meunière (p. 170).

### SALMON MORNAY

Put a layer of Mornay sauce (p. 65) in scallop shells, fill the shell with cooked and flaked salmon, season with salt and pepper and put in a brisk oven for 10 to 15 minutes.

### SALMON WITH PAPRIKA

Divide the fish in slices weighing about 4 to 5 ozs. Season with salt and sprinkle freely with paprika—1 heaped teaspoon to each slice—and cook in butter (Fish Cooked in Butter, p. 170). When done, put on a hot dish and pour the following sauce

over them: To  $\frac{1}{2}$  pint of Velouté sauce made with fish stock (p. 73), add 4 tablespoons of white wine, the juice of  $\frac{1}{2}$  lemon, and 1 teaspoon of chopped parsley. Stir and simmer for 10 minutes. Remove from the fire and stir in the yolks of 2 eggs. Replace the sauce on a slow fire and stir for 3 or 4 minutes, without boiling.

### SALMON CUTLETS

Cut the cooked salmon in very small dice, mix with half the quantity of cooked mushrooms, also cut in dice, and bind with thick Béchamel sauce (p. 52) and the yolk of 1 or 2 eggs. Let stand till quite cold, then shape into cutlets, dip in flour, coat with beaten yolk of egg and breadcrumbs, to which a little salt has been added, and fry in deep fat. Drain, stick a small piece of uncooked macaroni into one end, to look like the bone of a cutlet, put a paper frill on it, and serve with any appropriate fish sauce, or with Anchovy Butter (p. 74).

### SALMON CUTLETS À L'ITALIENNE

Cut slices of cooked salmon in the shape of small cutlets and spread a layer of thick Duxelles sauce (p. 60) mixed with yolk of egg on each. Dip in flour, coat with yolk of egg, and with breadcrumbs mixed with finely grated cheese and a little salt. Fry in deep fat. Serve with Anchovy sauce (p. 53).

### SALMON CUTLETS POJARSKI (Russian)

Work three-quarters of uncooked salmon with one quarter the weight of bread, soaked in milk, into a paste, seasoning with salt and pepper, and shape into cutlets. Flour, egg and breadcrumb them as in preceding recipes and cook in clarified butter. Serve with sour cream.

### SALMON À LA CHAMBORD

Place the piece of salmon in an earthenware casserole on sliced carrots and onions, with mixed herbs, 1 bayleaf, and add two-thirds of red wine to one-third of fish stock, but without covering the fish. Season with salt and peppercorns, put the lid on the casserole, and cook in a moderate oven, allowing 20 to 25 minutes to the lb., if the piece of salmon is thick. When done, place on a hot dish, garnish with fish quenelles or small fish balls made with Fish Force meat (p. 182), small cooked mushrooms, a few pieces of fish roe, previously cooked in butter, a few truffles, a few Dublin prawns, and small croûtons of fried bread. Serve with a Genévoise sauce (p. 61), made with the liquid in which the fish was cooked.

**TOURTE DE SALMON (French)***(Salmon Tart or Pie)*

Cut the uncooked salmon in thin, small slices. Chop about 6 ozs. of salmon finely and mix with finely chopped mushrooms, season with salt, pepper, nutmeg, and bind with a little cream. Line a tart plate or tin with a layer of good tart paste or short crust, put the chopped salmon and mushrooms on it, and over this lay the slices of salmon. Season these with salt and pepper, dot with pats of butter, cover with pastry and bake in a moderate oven for 30 to 40 minutes. Serve with melted butter to which a little lemon juice and a little chopped tarragon and chervil have been added.

**SALMON MAYONNAISE**

Garnish a salad bowl with lettuce leaves and put in the cooked salmon, free from all skin and bones and divided in large flakes. Cover with Mayonnaise (p. 64) and garnish with the following: Fillets of anchovy (in oil), capers, stoned olives, slices of hard-boiled egg, sliced radishes, the heart of a crisp lettuce, etc.

**SALMON MEDALLIONS**

Cut the salmon into  $\frac{1}{2}$ -inch slices and cook in a little butter in a slow oven for 15 to 20 minutes. When done, let stand till cold. Cut into round or oval shapes with a cake cutter and cover each with either mayonnaise, to which a little aspic jelly has been added, or with a little Chaud-Froid sauce (p. 57).

**SALMON, COLD, WITH MONTPELLIER BUTTER**

This can be done with either a whole piece of middle-cut cooked salmon or with slices weighing from 4 to 5 ozs. each. Remove the skin from the fish and cover with a layer of very cold Montpellier Butter (p. 75). Garnish with pats of Montpellier Butter, placed around the fish, with rounds of hard-boiled eggs, fillets of anchovy, capers, stoned olives, sliced truffles, tarragon leaves, etc.

**SALMON, MOUSSE OF**

See Fish Mousse, p. 183.

**SALMON TROUT**

Salmon trout is poached in the same manner as salmon, and served with the same sauces, but, not being as large as salmon, it is not often divided in slices.

**SALMON TROUT IN ASPIC JELLY**

Poach the trout in a vinegar court-bouillon (p. 168) and when cold cover with semi-liquid aspic jelly or with jelly made with fish stock (pp. 46, 48), and let stand till quite cold. Decorate with pieces of jelly cut in fancy shapes, and serve with either Sauce Verte (p. 73) or Mayonnaise (p. 64). The fish is sometimes skinned before being covered with aspic.

**SALMON TROUT, MEDALLIONS OF**

Cut the fish as for salmon medallions (p. 200) and cover the centre with a mousse of prawns (Fish Mousse, p. 183) and surround with a thin border of Montpellier Butter (p. 75).

**SARDINES**

See Hors d'œuvre (p. 103) and Savouries (p. 644).

**SHAD, GRILLED**

Prepare and grill in the same manner as Perch (p. 196).

**SHAD, STUFFED**

Clean the fish and stuff with Fish Forcemeat (p. 182). Make incisions in the fish from the head to the tail on both sides, season with salt and pepper, wrap in oiled paper, and cook in a moderate oven for 30 to 40 minutes, according to the size of the fish. Serve with Bercy sauce (p. 54).

**SHAD WITH SORREL**

This consists of either the whole fish grilled, or grilled slices of shad, served with a purée of sorrel and melted butter in a sauce-boat.

**PLANKED SHAD (American)**

The plank used for planked fish or meat is oak, about 1 inch thick and slightly larger than the fish. The shad is split open and cleaned, and is put on the well-buttered plank, skin downwards, seasoned with salt and pepper, brushed over with melted butter and put in a quick oven for 25 to 30 minutes. Or it can be grilled under a gas or electric grill. It is served on the plank, with a little melted butter poured over it, and a garnish of parsley and slices of lemon. The plank gives the fish or meat a particular flavour.

**SKATE, BOILED OR POACHED**

Skate is practically always poached in a vinegar court-bouillon (p. 168), well drained, skinned, and then dressed in various ways.

**SKATE WITH BLACK OR BROWN BUTTER**

Put the poached skate on a hot dish, sprinkle with a little lemon juice and chopped parsley and pour a little Black or Brown Butter over it (pp. 54, 55).

**SKATE À LA MAÎTRE D'HÔTEL**

Prepare the skate as in above recipe, and pour melted Maître d'Hôtel Butter over it (p. 75).

**SKATE WITH CAPER SAUCE**

Dress the poached and well-drained and skinned skate on a napkin and serve with Caper sauce (p. 56).

**SKATE AU GRATIN**

Cooked skate is used for this. Remove skin and bones, and flake the fish. Cover with Duxelles sauce (p. 60), sprinkle with bread-crumbs and brown in a quick oven.

**SKATE FRIED IN BATTER**

Remove skin and bones from the poached skate and chop coarsely. Cover the chopped fish with a little oil, lemon juice, sliced onion, and season with salt and pepper. Let stand for 2 or 3 hours. Then dip a spoonful at the time of the mixture in frying batter (p. 84) and fry in deep fat. Drain and garnish with fried parsley and rings of onions, dipped in flour and fried in oil to a light golden colour.

**SMELTS, FRIED**

Season with salt and pepper, dip in flour and fry in deep fat. They can also be coated with flour, egg and breadcrumbs and fried in the same manner. Drain, and garnish with fried parsley and slices of lemon.

**SMELTS, FRIED, ON SKEWERS**

Put 3 or 4 seasoned and floured smelts on skewers and fry in deep fat.

**SMELTS, GRILLED**

Split the smelts, remove the backbone, leaving a small piece of it at the head and tail end. Season with salt and pepper, dip in flour, and grill. Serve with fried parsley and melted Maître d'Hôtel Butter (p. 75).

**SMELTS À LA MEUNIÈRE**

See Fish cooked à la Meunière (p. 170).



## SMELTS SUR LE PLAT

See Soles Sur le Plat (p. 205).

## SMELTS WITH WHITE WINE

See Soles with White Wine (p. 205).

## SMELTS ORLY

¶ This consists of fried smelts served with Tomato sauce (p. 71).

## SMELTS MARINATED, OR "EN ESCABÈCHE"

Dip the fish in flour and fry in deep fat to a light golden colour. Drain, and place in a deep dish. Slice 1 onion very thinly and  $\frac{1}{2}$  carrot, and cook in hot oil for 12 minutes with 8 cloves of garlic (not peeled), a little parsley, fennel, thyme, salt, peppercorns, and 2 small chili peppers. Mix in 6 tablespoons of warm vinegar and 6 of hot water. Pour over the fish while boiling, and stand in a cold place for 24 hours. To serve, put the fish on a dish and pour a few spoonfuls of the marinade over them.

## SOLE, GRILLED

Make a few light incisions in the fillets, season with salt and pepper, brush over with oil, and grill slowly. Garnish with parsley and slices of lemon.

## SOLE, FRIED, OR SOLE COLBERT

The best soles for frying should weigh about  $1\frac{1}{4}$  to  $1\frac{1}{2}$  lbs. Put the sole on a table, the white side downwards. With a sharp knife, cut off the head above the gills, and slanting towards the belly, being careful not to touch the fillets. To skin the fish, lift the skin with the point of the knife where the head has been cut, and with a cloth (otherwise it is apt to slip from the fingers) take hold of it with the right hand and pull it off with a jerk, holding the fish down with the left hand. When the sole is very fresh the skin is more difficult to take off. The white skin is not removed. With a pair of strong and sharp scissors, cut off the fins and trim the fish. With the point of a knife make an incision along the whole length of the backbone, slip the knife under the fillets and detach them lightly from the bones. Break the backbone in 3 or 4 places so that it can be more easily removed when the sole is cooked.

Dip the fish in milk, season with salt, dip in flour, brush with beaten yolk of egg, coat with breadcrumbs, and fry in deep fat (p. 87). Drain, remove the backbone carefully, fill the cavity with Maître d' Hôtel butter, and put on a hot dish.

**SOLE ST. GERMAIN**

Prepare the sole as in the preceding recipe, dip in milk, flour, egg and breadcrumbs, and grill. Serve with small new potatoes, and with Béarnaise sauce (p. 54).

**SOLE À LA BONNE FEMME**

Put 2 ozs. of chopped, uncooked mushrooms in a buttered fireproof dish, with 1 chopped shallot and a little chopped parsley. Put the sole over this, add 4 tablespoons of Velouté sauce (p. 72), 4 tablespoons of white wine, and cook in a moderate oven for 20 to 30 minutes, according to the size of the fish. Remove the sole from the dish, reduce the sauce and add 3 ozs. butter.

**SOLE À LA MEUNIÈRE**

See Fish cooked à la Meunière (p. 170).

**SOLE À LA MEUNIÈRE WITH MUSHROOMS**

When the sole is cooked, cover with large slices of mushrooms cooked in butter, sprinkle with parsley and pour Brown Butter (p. 55) over the whole.

**SOLE À LA MEUNIÈRE WITH CUCUMBERS**

Cook the sole à la Meunière (p. 204), place on a hot dish, and garnish with cucumber cut in the shape of small balls or into olive-shapes, and previously cooked in butter, seasoned with a little salt and sugar.

**SOLE À LA MEUNIÈRE À LA PROVENÇALE**

Cover the fish, cooked à la Meunière (p. 170), with sliced tomatoes, previously cooked in butter, with 6 or 8 fillets of anchovy (in oil), and with stoned olives. Pour Brown Butter (p. 55) over the whole.

**SOLE À LA MEUNIÈRE WITH GRAPES**

Garnish the sole, cooked à la Meunière (p. 170), with large, skinned Muscat grapes, which should be very cold.

**SOLE À LA MEUNIÈRE WITH ORANGES**

Cover the sole, cooked à la Meunière (p. 170), with peeled and sliced oranges, from which the pips have been removed. Pour Brown Butter (p. 55) over the whole.

**SOLE MORNAY**

Poach the sole in fish stock and a little butter (p. 170). When done, drain thoroughly, put in a fireproof dish on a layer of Mornay sauce (p. 65), cover with more Mornay sauce, sprinkle

with mixed grated Gruyère and Parmesan cheese, and put in a brisk oven to brown lightly.

### SOLE À LA NORMANDE

Poach the sole in fish stock, and when done drain thoroughly, place on a hot dish, and garnish with the following: A few cooked mussels, a few oysters, cooked mushrooms, shelled crayfish (Dublin prawns), 3 or 4 small fried smelts, croûtons of fried bread. Cover the whole with Normande sauce (p. 66.)

In France fried gudgeons, as well as smelts, are used as a garnish.

### SOLE AU GRATIN

Put the fillets of sole in a buttered fireproof dish, cover with Duxelles sauce (p. 60), add 2 tablespoons white wine, garnish with cooked mushrooms, sprinkle with breadcrumbs, add a little melted butter and put in a moderate oven for 20 to 25 minutes. Remove from the oven, add a little lemon juice and sprinkle with parsley.

### SOLE À LA PORTUGAISE

See Cod à la Portugaise (p. 175).

### SOLE WITH WHITE WINE

Prepare the fish as for fried sole (p. 203), removing the head, the dark skin, and lifting the fillets from the bones; put a pat of butter under the fillets. Sprinkle a little chopped onion in a well-buttered fireproof dish, lay the fish over it, and add fish stock, white wine, and (when available) water in which mushrooms were boiled, but without quite covering the fish. Poach in the oven till tender. Remove the fish from the dish, drain well, and cover with a White Wine sauce (p. 73).

### SOLE SUR LE PLAT

After having cut off the head and skinned the fish (Fried Sole, p. 203), lift the fillets slightly with the blade of a knife, and put a small pat of butter under them. Lay the fish in a well-buttered fireproof dish, season with salt and pepper, and add 6 tablespoons of fish stock and the juice of  $\frac{1}{2}$  lemon. Put in a moderate oven for 25 to 30 minutes, according to the size of the fish, and baste frequently. The sauce should be greatly reduced and should be almost of the consistency of syrup.

### SOLE WITH RED WINE

Proceed as in the foregoing recipe, but using red wine instead of fish stock and omitting the lemon juice.

**SOLE, OR FILLETS OF SOLE BERCY**

This can be done with either the whole fish or the fillets. Sprinkle a well-buttered fireproof dish with finely chopped shallots, lay the fish or the fillets over them, season with salt and pepper, moisten with 3 tablespoons of fish stock and 3 of white wine, add  $\frac{1}{2}$  oz. butter, and poach in a moderate oven till tender, basting frequently.

**FILLETS OF SOLE À LA FLORENTINE**

Poach the fillets in a little fish stock and butter, in the oven. Drain, and place on a layer of spinach, left whole, blanched, drained and cooked in butter. Cover the whole with Mornay sauce (p. 65) and put in a brisk oven for 10 minutes.

**SOLE À LA MARINIÈRE**

Poach the sole in fish stock and butter, in the oven. Drain, put on a hot dish, and garnish with 3 or 4 oysters, previously blanched, with mussels, and shelled prawns, and cover the whole with Marinière sauce (p. 63).

**SOLE À LA MÉNAGÈRE**

Put the sole in a buttered fireproof dish, with a little chopped onion, a small sliced carrot, mixed herbs, 1 bayleaf, and add 6 tablespoons of red wine. Poach in the oven, basting frequently. Place the fish on a hot dish, strain the sauce into a small saucepan, thicken with a little butter worked with flour, add a pat of butter, divided in small pieces, and pour over the fish.

**SOLE À LA PARISIENNE**

Poach the sole in the oven in 4 tablespoons of white wine, the same of water in which mushrooms have been boiled, and a little butter. Season with salt and pepper. Drain and place on a hot dish and cover with White Wine sauce (p. 73). Garnish with 6 thin slices of truffles and 6 slices of boiled mushrooms and 4 shelled Dublin prawns.

**FILLETS OF SOLE BELLE MEUNIÈRE**

Cook the fillets à la Meunière (p. 170). Put them on a dish on a layer of finely chopped cooked mushrooms and garnish with small tomatoes, previously cooked in a little oil. Pour Brown Butter over the whole (p. 55).

**FILLETS OF SOLE WITH MUSHROOMS**

Poach the fillets in the water in which the mushrooms were cooked, allowing about 8 tablespoons and basting frequently. Drain, arrange them neatly on a dish, garnish with small,

previously boiled mushrooms, and cover with Mushroom sauce (p. 65).

#### FILLETS OF SOLE WITH PRAWNS

Roll the fillets and poach in fish stock in the oven. Drain, put on a hot dish, garnish with shelled prawns, and cover with melted Prawn Butter (p. 76).

#### FILLETS OF SOLE WITH OYSTERS

Roll the fillets and poach in a little fish stock (p. 111). Drain, put on a hot dish, garnish with previously blanched oysters, and cover with Normande sauce (p. 66).

#### FILLETS OF SOLE WITH MUSSELS

Proceed as in the foregoing recipe, but garnish with mussels cooked in white wine (p. 220). Cover with Normande sauce (p. 66) to which a little of the mussel liquor has been added.

#### FILLETS OF SOLE MARGUERY

Poach the fillets in a little fish stock (p. 111). Drain, put on a hot dish and garnish with cooked mussels and shelled prawns. Cover with White Wine sauce (p. 73).

#### FILLETS OF SOLE NEWBURG

Fold or roll the fillets and poach in fish stock. Drain, put on a hot dish, and over each fillet place a small round of lobster cooked à la Newburg (p. 218), and cover with Newburg sauce (p. 66), to which a little chopped lobster has been added.

#### FILLETS OF SOLE POMPADOUR

Dip the fillets in melted butter and coat with breadcrumbs and grill. Place on a hot dish, and between each fillet put a little Béarnaise sauce (p. 54), to which a little tomato pulp has been added, surround with small potatoes browned in butter, and on each fillet place a slice of truffle.

#### FILLETS OF SOLE ORLY

Season the fillets with salt and pepper, dip in frying batter (p. 84) and fry in deep fat. Drain, place on a folded napkin, garnish with fried parsley, and serve with Tomato sauce (p. 71).

#### SOLE, LEMON

Lemon sole can be prepared in the same manner as soles. It is a fish of inferior quality, and not as delicate as sole.

**SOLE, LEMON, À LA WHITEBAIT**

With a sharp pair of scissors, cut the fillets of lemon soles into thin strips to look like whitebait. Prepare and cook in the same manner as Whitebait (p. 213).

**SPRATS, FRIED**

Sprats should be very fresh. Season with salt, sprinkle with flour and fry in deep fat. Drain thoroughly and serve plain, with quarters of lemon. The fish should be quite dry and crisp.

**SPRATS, GRILLED**

Brush over with oil, and put 4 to 6 sprats on skewers and grill. Serve with quartered lemons.

**SPRATS, DRIED**

Put the dried sprats in a basin and pour boiling water over them. Drain, and skin the fish. They are then ready for use.

**SPRATS, DRIED, GRILLED**

Brush the fish over with oil and grill.

**STURGEON, BOILED OR POACHED**

The flesh of this fish should be very white. It is somewhat tasteless and is especially good braised or stewed or with some highly tasty sauce. Poach the sturgeon, divided in  $\frac{1}{2}$ -inch slices, in a white wine court-bouillon (p. 168), allowing 30 minutes to the lb. When done, drain thoroughly, put on a hot dish and cover with Anchovy sauce or other suitable fish sauces (p. 53).

**STURGEON À LA NORMANDE**

Poach the fish as in preceding recipe, drain, and put on a hot dish. Garnish with blanched oysters, mussels, a few boiled mushrooms, crayfish tails (Dublin prawns), 3 or 4 fried smelts, and croûtons of fried bread. Serve Normande sauce (p. 66) in a sauceboat.

**STURGEON, BRAISED**

Divide the fish in 1-inch thick slices. Line a saucepan or an earthenware casserole with a few rashers of fat bacon; over these place 1 or 2 chopped onions, 1 carrot, cut in small dice, mixed herbs, 1 bayleaf, the fish, and add 6 tablespoons of fish stock and 6 of either red or white wine. Season with salt and peppercorns, cover, bring to the boil and simmer in the oven till the fish is tender, turning the fish once or twice during the

process of cooking. To serve, lay the slices of fish on a hot dish and strain the sauce over them. Garnish with croûtons of fried bread.

### STURGEON WITH WINE AND CHERRIES (Russian)

Put  $\frac{1}{2}$  pint of Sauternes in an enamelled or earthenware vessel with  $\frac{1}{2}$  pint of the liquor from pickled cucumber (or 1 gill vinegar), 1 sliced leek, 2 or 3 onions, 1 stick of celery, parsley, 2 bayleaves, salt and peppercorns. Bring to the boil and simmer for 15 minutes. Let stand till cold. Then put in the fish, weighing from  $2\frac{1}{2}$  to 3 lbs., bring to the boil and simmer gently till tender. When done, drain, remove the skin from the fish, put on a hot dish and pour the following sauce over it: Brown 1 tablespoon of flour in the same quantity of butter and add gradually 1 pint of the court-bouillon in which the fish was cooked. Add 2 lumps of burnt sugar, dissolved in hot stock, 1 gill of cherry syrup, 1 glass of Madeira or port, a little cinnamon, a few cloves, lemon juice, and simmer till the sauce thickens. Just before serving, add a few cherries cooked in syrup.

### TROUT, GRILLED (Small River Trout)

Clean the fish, coat with flour, season with salt and pepper, brush over with oil, and grill. Put on a hot dish, garnish with parsley and quartered lemon.

### TROUT À LA MEUNIÈRE

See Fish cooked à la Meunière (p. 170). Trout lend themselves admirably to this method of cooking.

### TROUT, FRIED

Season the fish with salt and pepper, dip in flour, brush over with yolk of egg, coat with white breadcrumbs and fry in deep fat (p. 87). Drain, put on a hot dish, garnish with parsley and serve with melted Maître d'Hôtel Butter (p. 75) in a sauceboat.

### TROUT, STUFFED

Clean the fish and stuff with Fish Force meat (p. 182). Place them in a well-buttered fireproof dish and put in a moderate oven for 20 to 25 minutes, according to the size of the fish. Baste frequently with butter. To serve, put the fish on a hot dish, garnish with quartered lemon, and serve Marinière sauce in a sauceboat (p. 63).

### TROUT GAVARNIE

Choose very small trout and coat them with Maitre d'Hôtel Butter (p. 75). Wrap them in oiled paper and put in a moderate oven for 20 minutes. Serve in the paper cases, with small, plain boiled potatoes and Brown Butter (p. 55) in a sauceboat.

### TROUT EN PAPILOTES

Lay a little very thick Duxelles sauce (p. 60) on oiled paper and over it put the trout. Cover the trout with a thin coating of Duxelles sauce, wrap up the fish in oiled "papillotes" (p. 299) and put in a moderate oven for 20 minutes. Serve in the oiled paper.

### TROUT WITH POIVRADE SAUCE

Clean the fish and put in each a little Mixed Herb Butter (p. 75) and a seasoning of salt and pepper. Brush over with oil, and grill. Serve with Poivrade sauce (p. 68).

### TROUT À LA GÉNOISE

Poach the fish in a white wine court-bouillon (p. 168), drain, put on a hot dish and cover with Génoise sauce (p. 61).

### TROUT AU BLEU

*(Marinated Trout)*

Trout used for this should be either alive (they are stunned by a blow on the head and rapidly cleaned) or should be freshly caught. To every quart of water allow  $\frac{1}{2}$  pint of vinegar. Put in an earthenware casserole, with 1 quartered onion, 1 sliced carrot, a sprig or two of thyme, parsley, 1 bayleaf, 1 heaped tablespoon of coarse salt, 10 peppercorns, bring to the boil and simmer for 30 minutes. Bring to the boil and put in the trout. Cook for a few minutes only, according to the size of the fish. Very small trout are cooked almost instantaneously. Drain, and serve at once, with a garnish of parsley and either melted butter or Hollandaise sauce (p. 62) in a sauceboat. They can also be served cold with Ravigote sauce (p. 69), in which case they should remain in the marinade till cold.

### TURBOT

Large fish, or slices from the turbot, are usually poached in a water and milk court-bouillon (p. 168). It is advisable to detach lightly the fillets from the bones with the point of a sharp knife, before cooking the fish, and to break the backbone in 2 or 3 places by bending the fish. This will facilitate the thorough cooking of the fish and will prevent it from losing its shape



during the process of poaching. The fish is put in the cold court-bouillon, which is brought to the boil slowly and simmered very gently till the fish is done. Remove from the fish kettle, drain, serve on a hot dish on a folded napkin, and garnish the dish with parsley. Plain boiled potatoes are always served with boiled turbot, and any of the following sauces are appropriate, served in a sauceboat: Caper, Hollandaise, Lobster Butter, Prawn, Génoise, Brown Butter, Normande, etc. (Sauce section).

### TURBOT, BRAISED

This method is especially applicable to medium-sized fish or to 3 or 4 lbs. of the middle cut. Put 2 or 3 thickly sliced onions in a turbot-kettle with 2 sliced carrots, mixed herbs, 1 or 2 bay-leaves, and put in the fish. Add equal parts of water, and either red or white wine, but without covering the fish, season with salt and peppercorns. Bring to the boil, cover the kettle, and put in a moderate oven, allowing 20 to 25 minutes to the lb. according to the size of the fish. Simmer gently, and baste frequently. When done, put the fish on a hot dish, strain the sauce over it and garnish with the vegetables (optional).

### TURBOT CRÈME GRATIN

Place a border of cooked potatoes around a buttered fireproof dish—the border should be about  $1\frac{1}{2}$  inches in height and just over  $\frac{1}{2}$  inch wide, coat the dish with a layer of Mornay sauce (p. 65), and over this place sliced cooked turbot. Cover with Mornay sauce, sprinkle the surface with grated cheese, and put in a brisk oven to brown slightly.

### TURBOT IN SHELLS

Coat a few scallop shells with Mornay sauce (p. 65), place the cooked turbot, cut in 2-inch lengths over it, cover with more sauce, sprinkle with grated cheese and put in a brisk oven to brown lightly.

### TURBOT BONNE FEMME

See Sole Bonne Femme (p. 204).

### TURBOT DUGLÈRÉ

Choose a small turbot for this dish. Cut the fish in half lengthwise and divide in 5 or 6 neat slices. Mix 4 finely chopped tomatoes with 3 ozs. of chopped onion, 1 oz. of shallot, a little crushed garlic and chopped parsley. Lay half of this mixture in a well-buttered fireproof dish and over it put the fish, putting the pieces carefully together, so that the fish looks whole. Over it put the remainder of the tomato mixture, add a little thyme

and 1 bayleaf, season with salt and pepper, dot with 1 oz. of butter divided in small pats, add  $\frac{1}{2}$  pint of white wine, and bring to the boil, Simmer gently in a moderate oven till the fish is tender. Strain the sauce into a small saucepan, bring to the boil and reduce, add 6 tablespoons of Velouté sauce (p. 72) a little lemon juice, and season with cayenne. Pour this sauce over the fish.

### TURBOT AU GRATIN

See Sole au Gratin, p. 205. It can be done with either uncooked or cooked turbot.

### TURBOT GAVARNIE

Poach the turbot, either whole or sliced, in a milk court-bouillon (p. 168), and serve with Hollandaise sauce (p. 62), to which a few truffles, cut in dice, have been added.

### TURBOT À LA MEUNIÈRE

The fish is sliced in steaks just under 1 inch thick. See Fish cooked à la Meunière (p. 170).

### TURBOT À LA PARISIENNE

See Sole à la Parisienne (p. 206).

### TURBOT ST. MALO

Choose a small turbot, weighing not more than 2 lbs., make light incisions from the head to the tail along the fillets, season, dip in flour, brush over with oil, and grill over a slow fire. Serve with White Wine sauce (p. 73) to which 1 heaped teaspoon of chopped shallots, cooked in butter has been added—this quantity to every  $\frac{1}{2}$  pint of sauce—and a little French mustard and a few drops of anchovy essence stirred in before serving.

### TURBOT CROQUETTES

See Fish Croquettes (p. 180). The turbot is not mixed with other ingredients, but merely with thick Béchamel (p. 52), to bind, and with yolk of egg, and flavoured with a few drops of essence of anchovy.

### TUNNY FISH, ROASTED (Fresh Tunny)

Tunny fish has a very similar texture and flavour to meat, and is sometimes called the "veal of the ocean." Divide the fish into a steak or steaks just over 1 inch thick, season with salt and pepper, put in a baking-tin or in a fireproof dish, pour a little oil over it and place in a fairly brisk oven for 25 to 30 minutes, basting frequently. Serve in the dish in which it was cooked, with Tartare or Rémoulade sauce in a sauceboat (pp. 71,70)

### TUNNY FISH, GRILLED

Cut from the fish a 1-inch steak and put in a deep dish with oil, a few slices of onion, chopped parsley and a seasoning of salt and pepper, and let stand for 1 hour. Grill, and when done, remove the skin. Serve with either Caper or Rémoulade sauce in a sauceboat (pp. 56,70).

### TUNNY EN CHARTREUSE OR BRAISED

Divide the fish as in preceding recipes. Line a saucepan or earthenware casserole with rashers of fat bacon, cover with sliced onions and carrots, a bouquet of mixed herbs, 1 bay-leaf, and place the fish on these. Simmer gently for 15 minutes. Then add sufficient beef stock and white wine ( $\frac{1}{4}$  of white wine to  $\frac{3}{4}$  of stock) barely to cover the fish. Season with salt and peppercorns, bring to the boil, cover, put in a moderate oven and braise for  $1\frac{1}{2}$  hours, turning the fish occasionally. When done, place on a hot dish, strain the sauce over the fish and garnish with small carrots and turnips, cooked in butter, and peas and French beans, cooked and moistened with butter.

### TUNNY FISH

See Hors d'œuvre (p. 103).

### WHITEBAIT, FRIED

Whitebait should be very fresh, and should be kept on ice or in a cool place up to the last moment before cooking. Sprinkle a clean cloth liberally with flour, put a small quantity of the fish on it, sprinkle with a little more flour, fold the cloth, twist the ends, and shake so that the whitebait are equally coated. Put them in a suitable frying basket with a very close mesh—only a few should be done at a time, as they should not touch each other—shake off any superfluous flour and plunge the basket in a deep pan of very hot oil. If the oil is sufficiently hot, they will be cooked in 2 minutes. Remove the basket from the oil, and turn the fish out on a cloth. Repeat the process till all the fish are fried. They should be crisp and dry. Sprinkle with a little salt and cayenne, and put on a hot dish in the oven for a few minutes. Serve with quarters of lemon and thin slices of brown bread and butter.

### WHITING, FRIED

Season the fish with salt and a little pepper, dip in flour and fry in deep fat. Or the fish can be fried in the same manner, but dipped in egg and breadcrumbs (p. 26). In England the tail of the fish is fastened in its mouth by means of a small skewer, especially when the fish is to be fried.

**WHITING, GRILLED**

Season with salt, dip in flour, brush over with oil and grill. Serve with quartered lemon and with melted Maître d'Hôtel Butter in a sauceboat (p. 75).

**WHITING À LA MEUNIÈRE**

See Fish cooked à la Meunière (p. 170).

**WHITING BERCY**

Put a small piece of butter worked with a little parsley and chopped shallots in each whiting, and lay the fish in a buttered fireproof dish on a layer of chopped shallots and parsley. Season with salt and pepper, add 1 bayleaf, 1 glass of white wine, chopped mushrooms, previously cooked in butter, dot with pats of butter and cook for about 20 minutes in a moderate oven. Serve in the dish in which they were cooked.

**WHITING BONNE FEMME**

See Sole à la Bonne Femme (p. 204).

**WHITING COLBERT**

See Sole Colbert (p. 203).

**WHITING AU GRATIN**

See Sole au Gratin (p. 205). Can be done with either uncooked or cooked whiting.

**WHITING, STUFFED**

Stuff the whiting with fish forcemeat, put in a buttered dish and place in a moderate oven for 25 minutes, basting frequently with butter. The fish may also be poached in a little white wine court-bouillon. Place on a hot dish and cover with Melted Prawn Butter (p. 76).

**WHITING ORLY**

See Sole Orly (p. 207).

**WHITING À LA JUÏVE**

Dip fillets of whiting in frying batter (p. 84), and fry in deep fat. Drain, and serve with Tartare sauce (p. 71).

**Shellfish****CLAMS**

Live clams are cooked in the same manner as mussels (p. 220). They can also be baked on a tin in the oven until the shells open. They are served in their shells, with quartered lemons, and thin slices of brown bread and butter.

### CLAMS ON TOAST

Cook the clams in the usual manner, and when the shells are open, take out the clams, beard, blanch and dry them. Toss them in hot butter, sprinkling with lemon juice, salt and pepper. Serve on hot buttered toast.

### CLAMS, STUFFED AU GRATIN

When cooked, remove the clams from their shells and beard them. Replace in the half shells. Making a stuffing with a little chopped onion, mushrooms, tomatoes in equal proportions, add a little bread, soaked in milk, chopped parsley, salt and pepper. Cook all in butter for 10 to 15 minutes. Put a little of the mixture over each clam, sprinkle with breadcrumbs and put in a brisk oven for 5 minutes.

### CLAMS AU GRATIN

See Oysters au Gratin (p. 222).

### CLAMS MORNAY

See Oysters Mornay (p. 222).

### CRAB, DRESSED

Remove the meat from the shell and claws of the crab, and shred it. Put the crab meat, as well as the soft and creamy part of the crab, in a basin and mix with oil and vinegar in equal quantities, a little made mustard, and a seasoning of salt and pepper. Mix all thoroughly till the mixture is quite creamy. Replace in the cleaned shell, garnish with the yolk of a hard-boiled egg, rubbed through a sieve and the white coarsely chopped, place a few slices of lemon over the crab and garnish with sprigs of parsley. The dressed crab can be garnished with the small claws to form a handle, like a basket.

### CRAB, DEVILLED

Remove the meat from the shell and claws of a few small crabs or of 1 large crab, and chop finely. Put  $\frac{1}{2}$  a pint of cream in a saucepan, bring to the boil, and if not very thick, add 1 tablespoon of flour worked with 1 tablespoon of butter. Remove from the fire, stir in the crab meat, the finely chopped yolks of 2 hard-boiled eggs, a little chopped parsley, and season highly with salt, pepper and cayenne. Put the mixture in the crab shell or shells, brush over with a little yolk of egg, sprinkle with breadcrumbs, and put in a quick oven to brown.

### CRAB, FRIED IN BATTER

Remove the meat from the shell and claws of the crab, chop

coarsely, season with salt and pepper, dip a spoonful at the time in frying batter (p. 84) and fry in deep fat. Drain and serve with slices of lemon.

### CRAB CROQUETTES

See Fish Croquettes (p. 180). Add a little lemon juice to the Béchamel sauce (p. 52).

### CRAB, SCALLOPED

Remove the meat from the body and claws. Chop coarsely, put in a basin and mix with  $\frac{1}{4}$  of the quantity of fine bread-crumbs, and season with salt, pepper, a little mustard, and 2 or 3 teaspoons of vinegar or 2 tablespoons of lemon juice. Add sufficient cream to make the mixture soft and creamy. Put in buttered scallop shells, sprinkle with breadcrumbs, put a small pat of butter on each and bake for a few minutes in a brisk oven.

### CRAB, POTTED

Pick the meat from the shells and claws, pound in a mortar with a seasoning of salt, pepper and cayenne. Rub through a sieve and press into pots. Put in a moderate oven for 30 minutes. When quite cold, cover with clarified butter.

### CRAB PIE

Pick the meat from the shell and claws and chop coarsely. Line a pie-dish with short crust or puff pastry, put a layer of Fish Forcemeat (p. 182) over it, then a layer of crabmeat in alternate layers till the dish is filled. Season with salt and pepper and pour in a little melted butter. Cover the pie with pastry, leaving an opening in the centre, and bake in a moderate oven for about 30 to 35 minutes. Before serving, pour in a little more melted butter.

### CRAB SALAD

Remove the meat from the shell and claws and chop finely. Put the creamy part of the crab in a basin, add a few drops of vinegar, season with salt and pepper, and add oil drop by drop, stirring continuously with a wooden spoon, till the mixture has the consistency of mayonnaise (p. 64). Mix with the crab meat, replace in the shells, and garnish with slices of lemon.

### CRAYFISH (Langouste)

All the recipes given for lobster are applicable to the langouste. Crayfish should not be split in the same manner as lobsters, however. Lay the crayfish on a board, back downwards. With a sharp knife slit open the membranous shell of the belly, from one end to the other, and with the hands pull these open. Now

remove carefully the whole body of the crayfish, also with the hands, and pull carefully, but gently, so as to remove the part which is in the upper shell, by the head, but without breaking it. The body of the fish is now cut into neat slices crosswise, about  $\frac{1}{4}$  inch thick. The shell is often kept to decorate the dish. When served cold, with mayonnaise, etc., the whole crayfish is placed on a dish, and the slices of crayfish are arranged on the back of the shell, alternately with thin slices of lemon, or cucumber, or both, and the dish is garnished with lettuce, etc., according to taste.

### CRAYFISH (Small)

Crayfish, or Dublin prawns, should be served very cold. They can either be hung on the stand especially made for the purpose, or served on a folded napkin placed on a dish and the whole garnished with parsley.

### CRAYFISH À LA LIÉGEOISE

For this dish small crayfish should be used. Boil for 7 to 8 minutes, or longer if large, in a court-bouillon consisting of  $\frac{1}{2}$  pint of dry white wine,  $\frac{1}{2}$  pint of water, in which 12 small onions, 2 shallots, finely chopped, and 1 shredded carrot have boiled for 30 minutes, with a few sprigs of parsley, thyme and a bayleaf, and a seasoning of salt, pepper and cayenne. Remove from the stock, place on a hot dish, reduce the court-bouillon over a quick fire, stir in a little butter, add chopped parsley, and pour over the crayfish.

### CRAYFISH À LA BORDELAISE

Small crayfish are used for this dish. Cut 1 large onion, 1 large carrot in small dice, and cook for 15 minutes in butter, with a sprig of thyme, parsley, and a bayleaf. Now add the crayfish, 1 glass of white wine and  $\frac{1}{2}$  a liqueur glass of brandy. Set alight for a few seconds. Mix all well, season highly with salt and pepper, and cook for about 15 minutes. Remove the crayfish and put on a hot dish. Stir the yolks of 3 or 4 eggs in the sauce, and 1 tablespoon of butter. Cook for a few minutes and pour over the crayfish.

### CRAYFISH MOUSSE

See Fish Mousse (p. 183).

### CRAYFISH WITH CREAM SAUCE

Remove the meat from the shells and claws and put on a hot dish. Pour Cream sauce over them (p. 59).

### CRAYFISH AU GRATIN

See Sole au Gratin (p. 205).

## LOBSTER, GRILLED

This method can be applied to a live lobster, which is killed just before being cooked, but it is preferable to grill a cooked or a three-quarters cooked lobster. Split the lobster, season with salt and a little pepper, brush over with melted butter, and grill. To serve, put on a folded napkin, crack the claws, and garnish with parsley. Serve with Sauce à la Diable (p. 60).

## LOBSTER, DEVILLED

Split the lobster and remove the meat from the shell and also from the claws. Chop coarsely, and put in a saucepan with sufficient Béchamel or Cream sauce (pp. 52, 59) to moisten. Season highly with salt, pepper and cayenne. When hot, replace the mixture in the shell, sprinkle with breadcrumbs and put in a quick oven to brown.

## LOBSTER À L'AMÉRICAINNE

For this dish live lobsters should be used, and killed just before being prepared. Split the lobster and section it. Remove the claws and section them, so that the meat can be easily removed when the lobster is cooked. Keep the liver and the coral. Put the pieces of lobster in a deep frying-pan with 4 tablespoons of hot oil and 1 oz. of butter. Cook till the shell has turned red and the meat of the lobster is quite firm. Strain off the fat, sprinkle with 2 finely chopped shallots, add 1 small glass of brandy,  $\frac{1}{2}$  pint of white wine, 1 gill fish stock, 3 tablespoons reduced Espagnole sauce (p. 50),  $1\frac{1}{2}$  tablespoons tomato purée, a little chopped parsley, and a dash of cayenne. Cover the pan and put in a moderate oven for 15 to 20 minutes. Remove the meat from the shell and claws, and keep hot while the sauce is being prepared. Reduce the sauce to  $\frac{1}{2}$  pint. Add the chopped liver, coral, a small piece of butter, and cook for 2 or 3 minutes and strain. Replace the sauce on the fire without letting it boil, and when hot remove from the fire and stir in  $\frac{1}{4}$  lb. of butter divided in small pieces. Pour the sauce over the pieces of lobster and sprinkle with a little chopped parsley.

## LOBSTER NEWBURG

Remove the lobster from the shell in the same manner as for crayfish (p. 216). Cut in  $\frac{1}{4}$ -inch rounds, or escalopes, and put in a deep frying-pan or sauté pan with butter. Season with salt, pepper and cayenne, and cook for 10 minutes, tossing frequently. Then cover with Madeira and simmer till reduced to 2 or 3 tablespoons. Just before serving add a little less than  $\frac{1}{2}$  pint of cream mixed with the yolks of 2 eggs. Stir for a few minutes, but do not allow to boil, and serve immediately.



**LOBSTER WITH CREAM SAUCE**

Remove the lobster from the shell, as in the preceding recipe, and remove the meat from the claws. Put in a saucepan, cover with Cream sauce (p. 59) well seasoned with salt, pepper and cayenne, and, when hot, serve.

**LOBSTER WITH CURRY SAUCE**

Divide the lobster into large dice, put in a saucepan with Curry sauce (p. 59), and, when thoroughly hot, put on a hot dish and serve with plain boiled rice.

**LOBSTER MOUSSE**

See Fish Mousse (p. 183).

**LOBSTER SOUFFLÉ**

See Fish Soufflé (p. 181).

**LOBSTER, POTTED**

See Potted Crab (p. 216).

**LOBSTER À LA HONGROISE**

This is made in the same manner as Lobster à la Newburg, but with the addition of 2 teaspoons of chopped shallots and 1 heaped tablespoon of paprika.

**LOBSTER, SCALLOPED, WITH MORNAY SAUCE**

Put a layer of Mornay sauce (p. 65) in the scallop shells, over this put coarsely chopped lobster, cover with Mornay sauce, and put in a brisk oven for 8 to 10 minutes.

**LOBSTER IN SHELLS WITH WHITE WINE SAUCE**

Proceed as in the foregoing recipe, but using White Wine sauce (p. 73).

**LOBSTER À L'ARMORICAINE**

Melt  $\frac{1}{4}$  lb. butter in an earthenware casserole, and when melted, add the lobster divided into rounds, in the same manner as crayfish (p. 216). Cook on a quick fire for 5 to 10 minutes. Remove the pieces of lobster from the casserole and add to the butter in which they were cooked a paste made by pounding in a mortar the meat and shells of 2 small crabs, and then rubbing through a sieve. Stir this into the butter till perfectly smooth. Then add 2 finely chopped shallots, 2 peeled and quartered tomatoes, 1 glass of white wine, mixed herbs, and season with salt, pepper and cayenne. Simmer for 30 minutes, and a few minutes before serving add the pieces of lobster to the sauce and stir well.

### LOBSTER, PLANKED (American)

A live lobster is used for this dish. It is killed just before being cooked. Split the lobster, brush it over with oil, and bake in a quick oven for 15 to 20 minutes. Remove the lobster from the oven, place it on the oiled plank (Planked Shad, p. 201) with the split side downwards and put it in the oven for 5 to 10 minutes. Serve on the plank with a garnish of sliced, cooked tomatoes, cucumber, potatoes and parsley, and pour melted butter over the lobster, to which salt, pepper and the juice of half a lemon have been added.

### LOBSTER PÂTÉS

Fill puff pastry pâté cases with chopped lobster moistened with either thick Béchamel sauce or Cream sauce (pp. 52, 59).

### LOBSTER IN ASPIC JELLY

Line a plain or fancy mould with aspic jelly and fill the mould with alternate layers of lobster, cut in neat slices, and aspic jelly. Thin slices of truffle can also be added, or vegetables cut in fancy shapes. Stand in a cold place till quite set. To turn out, dip the mould in warm water for a few minutes.

### LOBSTER MAYONNAISE

This is made in the same manner as Salmon Mayonnaise (p. 200), but with lobster.

### MUSSELS

The shells should be thoroughly brushed and the mussels washed in several waters, but on no account should they be kept in water when once they are washed. There are two methods of cooking mussels: (1) Put them in an iron saucepan without any water, sprinkle with a little salt, cover the saucepan with a wet cloth, and steam them till the shells begin to open. Remove the mussels from the shells, and strain their liquor into a basin. Remove the little weed which is under the black tongue. They are then ready for use. (2) Put 1 sliced onion in a saucepan with 1 or 2 sprigs of parsley, thyme, a small bay-leaf, salt, peppercorns and 1 gill of white wine or water. Add the mussels, cover the saucepan with a lid and place on a quick fire. After 2 minutes, shake the pan and repeat this 2 or 3 times. As soon as the shells are well opened remove the mussels from the saucepan and take them out of their shells, removing the weed under the black tongue and straining their liquor into a basin. The wine or water in which they were cooked is generally used in the making of the accompanying sauce.

### MUSSELS WITH BÉCHAMEL SAUCE

The prepared mussels are cooked for a few minutes in a Béchamel sauce (p. 52) to which a little lemon juice has been added.

### MUSSELS À LA MARINIÈRE

Put just over 1 gill of white wine in a saucepan with 1 chopped shallot, and reduce by one-third on a quick fire. Add 1 gill of the wine or water in which the mussels were cooked, bring to the boil and simmer for a few minutes. Remove the saucepan from the fire, add 3 ozs. of butter divided in small pieces, 2 tablespoons of fine white breadcrumbs, 1 teaspoon of chopped parsley, a little lemon juice, season with salt and pepper and stir well. Add the mussels and warm up, without boiling. To serve, pour the whole of the contents of the saucepan on a hot dish.

### MUSSELS, FRIED

Put the cooked and prepared mussels in a deep dish and sprinkle freely with oil, lemon juice, salt and a little parsley. Let stand for 1 hour. Then dip in Frying Batter (p. 84) and fry in deep fat. Drain, and serve with quartered lemons.

### MUSSELS À LA POULETTE

Add the cooked mussels to a Poulette sauce (p. 68), to which a little of the wine in which the mussels were cooked has been added, and a little lemon juice, and cook for a few minutes.

### MUSSELS À LA BORDELAISE

Mix over a slow fire,  $\frac{1}{2}$  tablespoon of flour with the same quantity of butter to a smooth paste and add gradually about  $\frac{1}{2}$  pint or a little less of the wine or water in which the mussels were cooked, 1 or 2 finely chopped shallots, 1 tablespoon of bread, previously soaked in milk, a little chopped parsley, 2 level tablespoons of tomato purée (p. 157), salt and pepper, mix well, and simmer for 10 minutes. Add the mussels and stir for another 10 minutes, thinning the sauce, if necessary, with more wine or water in which the mussels were cooked.

### MUSSELS WITH RISOTTO

Melt 2 ozs. of butter and 2 ozs. of beef marrow in a deep frying pan, and when hot add 2 chopped onions and cook till lightly browned. Then add 1 lb. of rice, stir well, cook for 15 minutes, add  $1\frac{1}{2}$  pints of the water in which the mussels were cooked, 4 tablespoons of white wine, a good pinch of saffron, salt and pepper, and mix thoroughly. Simmer gently for 25 to 30 minutes, stirring occasionally and adding the cooked

mussels 10 minutes before serving. When about to serve sprinkle with 4 ozs. of grated Parmesan cheese and 2 ozs. of melted butter.

### OYSTERS

Oysters should be served in their half shells, and should always be very cold. Serve with quartered lemons and thin slices of brown bread and butter.

### OYSTERS, FRIED

Dip the oysters in flour, brush over with yolk of egg, coat with very fine white breadcrumbs and fry in deep fat for 2 to 3 minutes, according to the size of oysters. Drain, put on a hot dish and garnish with parsley.

### OYSTERS IN A BREAD CASE

Cut the top off a sandwich loaf and remove the inside, or soft part of the loaf. Pour melted butter in the emptied loaf, and put in the oven to get thoroughly hot. Fill with Fried Oysters (preceding recipe), garnish with sliced gherkins, replace the top on the loaf and serve very hot.

### OYSTERS, STEWED

Poach the oysters in a little milk and cream, seasoned with salt, pepper and a little nutmeg, for 5 to 8 minutes. When done, remove from the saucepan, put on a hot dish and pour a little of the sauce over them.

### OYSTERS AU GRATIN

Blanch the oysters for 5 minutes, drain, put them back in their shells, and sprinkle with breadcrumbs, season with a little cayenne, pour melted butter over them and put in a brisk oven to brown lightly.

### OYSTERS BERCY

Blanch the oysters for 5 minutes, drain, replace in their shells and cover with Bercy sauce (p. 54). Put in a brisk oven for 5 minutes.

### OYSTERS FRIED IN BATTER

Dip the oysters in Frying Batter (p. 84) and fry in deep fat, till the batter is a light golden colour. Drain, and serve with quartered lemons.

### OYSTERS, MORNAY

Poach the oysters for 5 minutes, drain, replace in their shells and cover with Mornay sauce (p. 65). Put in a brisk oven for 5 minutes.

## OYSTER MARINADE

Chop 3 or 4 shallots very finely, put them on a dish, sprinkle with a little parsley, thyme, marjoram, tarragon and chervil, and place the oysters, removed from their shells, over these. Season with a little oil, vinegar, lemon juice and paprika.

## OYSTERS SAUTÉES

Open the oysters and strain their liquor into a saucepan. Blanch them for 5 minutes in their liquor. Put a little butter in a frying or sauté pan, and brown 4 or 5 finely chopped shallots, and 3 or 4 finely chopped mushrooms. Season with  $\frac{1}{2}$  tablespoon paprika. Add the oysters and cook for 5 minutes, tossing frequently.

## OYSTER PÂTÉS

Cook the oysters for 5 minutes in a thick Béchamel sauce (p. 52) to which a few cooked and chopped mushrooms have been added. Season with cayenne and a little lemon juice. Put a little of the mixture, with 2 oysters, in puff pastry pâté cases and warm up in a brisk oven for a few minutes.

## OYSTERS EN BROCHETTE

Put the oysters on skewers alternatively with small mushrooms and pieces of bacon, cut the same size as the oysters. Grill, or sauté in butter till the mushrooms and bacon are cooked. Season with lemon juice and a dash of cayenne.

## OYSTERS, PANNED

Put each oyster on an oblong piece of toasted bread, season with cayenne, and bake in a quick oven till the oysters begin to swell. Remove from the oven and pour over them hot melted butter to which a little lemon juice has been added.

## OYSTERS, DEVILLED (American)

Put 1 gill of milk and 1 of cream in a saucepan, and when hot add 2 or 3 chopped cooked shallots, 2 or 3 sprigs of chopped parsley, 3 or 4 chopped cooked mushrooms, 2 teaspoons of Worcester sauce,  $\frac{1}{2}$  teaspoon of made mustard, nutmeg, salt, pepper and cayenne. Stir well, add 2 dozen oysters, and simmer for 10 minutes. Just before removing the saucepan from the fire, stir in the yolk of 1 egg. Place 1 or 2 oysters in the deep half of the oyster shells, sprinkle with breadcrumbs and bake in a quick oven for 5 to 8 minutes.

## PRAWNS

There are various methods of cooking live prawns: They can be cooked in white wine, in white wine and water, white wine and vinegar, vinegar alone, or vinegar and water. Whatever

liquid is employed, however, should be used only in sufficient quantity barely to cover the prawns. Put the liquid in a saucepan, with 1 or 2 thin slices of onion,  $\frac{1}{2}$  small sliced carrot, 2 sprigs of parsley, 1 or 2 of thyme, 1 bayleaf, 1 heaped teaspoon of salt, and a few peppercorns. Bring to the boil and simmer for 10 to 15 minutes. Again bring the liquid to the full boil and put in the prawns. Cover, and cook for 7 to 10 minutes, according to the size of the prawns, shaking the pan occasionally. They should be of a delicate pink colour when done. Let them stand in the court-bouillon till cold. Drain on a colander. Keep on ice or in a cool place till required. They should be served on a dish or plate with crushed ice piled in the centre. They can also be served in the form of a pyramid around a small basin, turned upside down, placed in the centre of a dish, and covered with a small serviette.

### PRAWNS, CURRIED

See Curried Cod (p. 174). Make the same sauce, simmer for 30 minutes, and mix in the shelled prawns 10 minutes before serving.

### PRAWNS, SAUTÉES

The live prawns are tossed in very hot butter or oil till they turn pink. Sprinkle with cayenne and serve. Cooked and shelled prawns can also be cooked in this manner, for 3 or 4 minutes, and seasoned with cayenne.

### PRAWNS AU COURT-BOUILLON

Cook the prawns in the White Wine Court-Bouillon (page 168) and serve with a little of the court-bouillon poured over them.

### PRAWNS MORNAY

Add the shelled prawns to a hot Mornay sauce (p. 65) and cook for 5 minutes.

### PRAWNS À LA RAVIGOTE

Put the shelled prawns in a glass dish and cover with a thin layer of cold Ravigote sauce (p. 69).

### PRAWN MOUSSE

See Fish Mousse, p. 183.

### PRAWN MAYONNAISE

Put the shelled prawns in a salad bowl and cover with Mayonnaise (p. 64).

### PRAWNS IN ASPIC

See Lobster in Aspic (p. 220).

### PRAWNS, POTTED

See Potted Crab (p. 216).

### SCALLOPS, POACHED OR BOILED

Remove the scallops from their shells and poach in salted water for about 10 to 12 minutes. Drain, replace in the shell and cover with an appropriate sauce.

### SCALLOPS, FRIED

This is undoubtedly one of the best methods of cooking scallops. Dip the scallops in flour, season with salt, brush over with yolk of egg, coat with white breadcrumbs and fry in deep fat till a light golden colour. Drain and serve at once.

### SCALLOPS FRIED IN BATTER

Dip the scallops in Frying Batter (p. 84) and fry in deep fat, drain and serve.

### SCALLOPS AU GRATIN

See Sole au Gratin (p. 205).

### SCALLOPS MORNAY

Remove the scallops from their shells and cover the deep shell with a layer of Mornay sauce. Put 1 or 2 scallops in each shell, cover with Mornay sauce, sprinkle with breadcrumbs and cook in a moderate oven for about 20 to 25 minutes.

### SCALLOPS WITH CREAM SAUCE

Poach the scallops in white wine and water for 10 to 12 minutes. Put a little Cream sauce in each shell (p. 59), with 1 or 2 scallops, cover with Cream sauce and put in a moderate oven for 10 minutes.

### SCALLOPS WITH MUSHROOMS

Proceed as in the foregoing recipe, but using Béchamel sauce (32), in which a few chopped mushrooms have been cooked.

### SCALLOPS, GRILLED

Season the scallops with salt, brush over with oil, and grill. When done, place on a hot dish, pour a little hot oil or butter over them, and sprinkle with chopped onion, garlic and parsley.

### SCALLOPS, CURRIED

See Curried Cod (p. 174).

### SHRIMPS

These are cooked and prepared in the same manner as prawns. They should, however, only be cooked for 4 to 5 minutes.

## Eggs

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### BOILED EGGS

Although there are many ways of cooking soft-boiled eggs, experts are of the opinion that the best method is as follows: 1½ pints of water should be used for every 2 eggs, the object being that when the eggs are put in the water the temperature is not lowered appreciably, and therefore the timing can be done more accurately. Bring the water to the boil, remove from the fire and put in the eggs, which should have been previously warmed in a little hot water, making them less likely to crack on the sudden immersion. Replace the saucepan and cook for exactly 3 minutes from the time the water starts boiling again. The eggs will be soft, creamy and just set.

### "EGGS MOLLETS"

The equivalent of this in English is the semi-hard-boiled egg, that is to say an egg which, though the yolk is runny, the white is sufficiently set for the egg to be carefully shelled. Put the eggs in the boiling water as in the preceding recipe, but time them for exactly 6 minutes (5 if the eggs are very small or 6½ if abnormally large). Remove the eggs from the saucepan at once and place them in a basin under running water until quite cold. If many eggs are being cooked it is best to use a wire basket, which enables the eggs to be put in and taken out altogether and ensures correct timing. The eggs should be shelled and carefully handled as the whites easily break.

### ŒUFS EN BERCEAU

Cook in the oven one large potato for each person, remove the pulp and in its place put a layer of forcemeat, an egg "mollet" and cover with a little Aurora sauce (p. 54).

### ŒUFS À LA BOURGUIGNONNE

Brown a medium-sized onion and a large carrot, both cut in slices, in a little butter, sprinkle in a dessertspoon of flour, stirring well. Add gradually  $\frac{1}{2}$  pint of warm stock, a bouquet of herbs, season with salt and pepper, and simmer for 20 minutes. Arrange some eggs mollets on a dish and strain over them the sauce, to which a wine glass of claret has been added 5 minutes before serving. Garnish with croûtons.

### ŒUFS CHANTILLY

Make a purée of fresh beans and add to it a little stiffly whipped cream. Place on this the eggs mollets and pour over them a little Sauce Mousseline (p. 65). Decorate with small croûtons of puff pastry (p. 539) cut in fancy shapes.

### ŒUFS AU GRATIN

Place the eggs mollets on rounds of fried bread, cover with Mornay sauce (p. 65). Sprinkle with grated Parmesan or Gruyère cheese and fine breadcrumbs. Pour over a little melted butter and brown in a quick oven.

### ŒUFS À LA HENRI IV

Beat the yolks of 2 eggs in a basin, put the basin in a saucepan of boiling water, and add gradually 3 ozs. butter in small pieces, stirring continuously with a wooden spoon till the sauce begins to thicken. Season with salt and pepper and a teaspoon of vinegar. Place the eggs mollets on rounds of fried bread and pour the sauce over them.

### ŒUFS MAINTENON

Prepare a Mornay sauce (p. 65) and a Soubise sauce (p. 70). Pour the Soubise sauce on to a hot dish, place the eggs mollets on the sauce and pour over them the Mornay sauce. Sprinkle with grated Gruyère cheese and brown in a quick oven.

### ŒUFS RENAISSANCE

Boil 1 globe artichoke per person in slightly salted water until tender. Drain on a colander, remove the inner leaves and the choke. Place an egg mollet inside each artichoke and pour over hot melted butter seasoned with a little salt and pepper.

### ŒUFS MOLLETS EN SOUFFLÉ

Put 6 eggs mollets in a well-buttered soufflé dish, leaving a little space between each egg. Add 2 whites of egg very stiffly beaten to a cold Béchamel sauce (p. 52) and cover the eggs

with the mixture, filling the soufflé dish only three-quarters full. Put in a moderate oven for 15 or 20 minutes, till the soufflé has risen. Serve at once.

### EGGS MOLLETS WITH SPINACH

This consists of eggs mollets placed on a purée of spinach (p. 503).

### EGGS MOLLETS WITH TOMATO SAUCE

Arrange the eggs mollets around a dish, cover with tomato purée (p. 157) and garnish with rounds of onions, fried very crisp and piled in the centre of the dish.

### HARD-BOILED EGGS

Hard-boiled eggs should be cooked in exactly the same way as boiled eggs (p. 227), but they must remain in the boiling water for exactly 13 minutes, or in the case of very large eggs, 14 minutes. Timing is important, and an over-cooked hard-boiled egg is tough, the white has an unpleasant smell, and the yolk is surrounded by a greenish-looking ring. The cooked eggs should be immediately dipped in cold water or held under the cold-water tap, and then shelled.

### BOUCHÉES AUX ŒUFS DURS

Melt  $\frac{1}{2}$  tablespoon of butter in a saucepan, add 1 tablespoon of cream, stirring well, a few button mushrooms, previously cooked, hard-boiled eggs, coarsely chopped, season with salt and pepper and cook for about 10 minutes till the mixture thickens. Put the mixture into pâté cases (p. 542), cover with the pâté caps and put in the oven for a few minutes and serve.

### ŒUFS À LA BOULANGÈRE

Scoop out the inside of some dinner rolls and fill with the following; half the yolks of hard-boiled eggs, the whites cut into dice, both mixed with a thick Béchamel sauce (p. 52), to which a little sliced onion, previously cooked in butter without browning, has been added. Put the stuffed rolls in the oven to get hot. Sprinkle over them the remaining yolks rubbed through a sieve, garnish with parsley, and serve.

### EGGS À LA CRÉOLE

Fry a few shallots, previously browned in butter, with a few sweet peppers (pimientos), the seeds having been removed. Add this to a purée of tomatoes (p. 157) mixed with a tablespoon of sherry. Cook for a few minutes and pour over whole hard-boiled eggs.

### CURRIED EGGS

Brown 2 or 3 sliced onions and 1 or 2 cloves of garlic in a little butter and mix in  $\frac{1}{2}$  tablespoon curry powder and a little salt. Add  $\frac{1}{2}$  lb. tomatoes cut in quarters, crushing them with a spoon so as to extract the juice, and add 2 tablespoons of hot water. Simmer for 20 minutes. Put in hard-boiled eggs, cut in half, 5 minutes before serving.

### EGG CUTLETS

Cut the hard-boiled eggs, white and yolk, into small dice, bind with a thick Béchamel sauce, to which 1 or 2 raw yolks of egg have been added and, when quite cold, shape into small cutlets. Dip the cutlets in flour, brush over with a little yolk of egg, coat with fine white breadcrumbs and fry to a light golden colour in butter. A small thin piece of fried bread or uncooked macaroni is stuck into each cutlet to resemble the bone, and a frill put on each. Tomato sauce (p. 71) is served separately.

### MAYONNAISE OF HARD-BOILED EGGS

Mix the chopped hard-boiled eggs with a mayonnaise dressing (p. 64), to which finely chopped gherkins, a few capers and a small chopped chilli pepper has been added.

### EGGS MIMOSA

Pour a sauce Mornay (p. 65) over the sliced whites of hard-boiled eggs, which should be put in a hot dish. Sprinkle over them the yolks, previously rubbed through a sieve, and season with salt and pepper. Serve very hot.

### HARD-BOILED EGGS MORNAY

Pour sauce Mornay (p. 65) over hard-boiled eggs, cut in halves, and sprinkle with a little grated cheese.

### ŒUFS DURS GRATINÉS AUX NOUILLES

Cut the hard-boiled eggs in quarters and mix with a Béchamel sauce (p. 52), flavoured with onions. Spread this on a layer of nouilles (p. 531) and cover with another layer of nouilles. Sprinkle with breadcrumbs and lightly brown in the oven.

### PICKLED HARD-BOILED EGGS

Boil  $\frac{1}{2}$  oz. black peppercorns,  $\frac{1}{2}$  oz. allspice and  $\frac{1}{2}$  oz. ginger in a quart of vinegar for about 20 minutes. Pour the boiling liquid over a dozen or more shelled hard-boiled eggs in a jar. When cold, cover closely and store in a cool, dry place.

### HARD-BOILED EGGS IN SCALLOP SHELLS

Sprinkle a few chopped olives over sliced hard-boiled eggs in scallop shells, cover with Béchamel sauce (p. 52), to which a tablespoon of melted Anchovy Butter (p. 74) has been added. Season with pepper and put in the oven for 10 minutes.

### SCOTCH EGGS

Coat evenly the number of hard-boiled eggs required, with a forcemeat made with finely chopped or minced cooked ham, 2 or 3 chopped anchovies (in oil), fresh white breadcrumbs, mixed spices, all bound with an egg. Sprinkle the coated eggs with flour, brush over with the beaten yolk of an egg, and coat with white breadcrumbs. Fry in hot fat to a light golden colour and serve with gravy or an appropriate sauce.

### HARD-BOILED EGGS WITH SPINACH

Cook some boiled spinach for 10 minutes on a slow fire in a little butter with a few stoned raisins and pine kernel nuts. Season with sugar, salt and pepper and stir constantly. Place the spinach on a hot dish, arrange the hard-boiled eggs, cut in halves, neatly on the spinach and garnish with croûtons (p. 25).

### Hard-boiled Eggs, Stuffed

#### STUFFED EGGS AUX POINTES D'ASPERGES

Cut the hard-boiled eggs in halves, remove the yolks and fill with a mixture of the yolks, cooked asparagus tips, a little Parmesan cheese, butter, salt and pepper. Line a fireproof dish with cooked asparagus tips, pour over a little melted butter, sprinkle with grated Parmesan cheese and season with salt and pepper. Place the stuffed eggs on top and bake in a quick oven for 8 minutes.

#### BAKED STUFFED EGGS

Halve the eggs lengthways and remove the yolks. Pound the yolks with equal quantities of butter and bread soaked in milk, season with salt, pepper and mixed herbs. Stuff the eggs and spread the remainder in a fireproof dish. Place the eggs on top, cover with a Béchamel sauce (p. 52) to which a few capers have been added, and bake in a moderate oven for 15 minutes.

#### EGGS STUFFED WITH CHICKEN

Make a forcemeat with the white meat of a cooked chicken, the yolks of the hard-boiled eggs, 1 tablespoon breadcrumbs, 1 tablespoon melted butter and moistened with a little Béchamel sauce (p. 52). Stuff the hard-boiled eggs, cover with Béchamel sauce and put in the oven to get thoroughly hot.

### EGGS STUFFED WITH FISH

For six eggs, make a forcemeat with 3½ ozs. cooked dry salt cod, finely chopped, 2 level tablespoons grated cheese, 1 level tablespoon white breadcrumbs, 1 tablespoon melted butter. Mix with the chopped yolks and moisten with a little Béchamel sauce (p. 52). Stuff the eggs, cover with some more Béchamel sauce and warm through in the oven.

### STUFFED EGGS, FRIED

Cut the eggs in halves lengthways. Make a stuffing of the yolks mixed with chopped ham and pound in a mortar. Moisten with a little cream and season with salt, pepper and cayenne. Stuff the halved whites, dip in beaten egg and breadcrumbs and fry in butter until slightly browned. Garnish with fried parsley and serve with a sauce Diable or a sauce Piquante (pp. 60, 67).

### MADRAS EGGS

Cut the eggs in halves lengthwise and stuff with the yolks, which have been well mixed with a little finely chopped chutney, 1 teaspoonful curry powder and seasoned with salt. The stuffed eggs should be placed on a bed of finely chopped watercress which has been moistened with 1 teaspoon of lemon juice.

### STUFFED EGGS WITH MUSHROOMS

Halve the eggs and stuff with the yolks, well mixed with finely chopped cooked mushrooms and a little of the butter in which they were cooked. Warm thoroughly in a hot oven and garnish with fried parsley.

### STUFFED EGGS WITH SARDINES

Halve the eggs and stuff with a mixture of the yolks, sardines, boned and chopped finely, a little Mayonnaise sauce (p. 64), and all seasoned with salt, pepper and finely chopped tarragon. Place the stuffed eggs on lettuce leaves and cover each egg with mayonnaise.

### POACHED EGGS

Fill a deep sauté pan three-quarters full of water, add a good pinch of salt and a large tablespoon of vinegar and bring to the boil. Break each egg carefully in a saucer and slide them gently into the boiling water, so that the yolks lie on the whites. Lower the heat so that the water simmers, cover the pan and let them cook for exactly 3 minutes. Remove the eggs with a fish slice and put them into warm salted water. When the eggs are not too hot to handle, put them on the palm of the left hand and

trim them carefully, ridding them of any pieces of white which give them an untidy appearance. Dry them in a clean cloth and serve.

Eggs may also be steamed in a special pan fitted with separate moulds for each egg. The moulds should be buttered to prevent the eggs from sticking.

#### POACHED EGGS, WITH ANCHOVIES

Spread rounds of hot buttered toast with anchovy paste or Anchovy Butter (p. 74), and on each place a poached egg.

#### POACHED EGGS WITH ANCHOVIES AND OLIVES

Place each poached egg on a round of toasted bread and pour over a Béchamel sauce (p. 52), to which has been added, 5 minutes before serving, chopped Spanish olives and chopped boned anchovies. Garnish each egg with an anchovy and season with pepper.

#### POACHED EGGS AU BOUILLON

Poach the eggs in strong stock, flavoured with chopped tarragon, or finely shredded celery, or any aromatic herbs, instead of in water. Place the eggs on rounds of hot buttered toast, season with salt and pour a little of the stock over them.

#### ŒUFS POCHÉS CHÂTELAINE

Garnish croutes or tartlets (pp. 25, 541) with a purée of chestnuts (p. 473) and place an egg in each. Cover with a Velouté sauce (p. 72) to which a little Soubise sauce (p. 70) has been added.

#### POACHED EGGS WITH LIVER SAUSAGE

Put a thin slice of liver sausage on a buttered thin round of brown bread, place over it a poached egg (cold), and cover with another thin slice of liver sausage.

#### POACHED EGGS WITH CREAM SAUCE

Place each egg on a round of bread fried in butter, pour over a Cream sauce (p. 59) to which a bouquet of finely chopped mixed herbs has been added.

#### POACHED EGGS WITH HAM

Coat rounds of toast with Mustard Butter (p. 75), cover with a little chopped ham and place over each a poached egg.

#### ŒUFS POCHÉS À L'INDIENNE

Place the poached eggs on a dish of boiled rice and over them pour Béchamel sauce (p. 52) to which 2 teaspoons of curry

powder, to every  $\frac{1}{2}$  pint of sauce, and a little lemon juice have been added.

### EGGS WITH MUSHROOMS

Grill some large mushrooms, place a poached egg on each, sprinkle with a few chopped chives and a little chopped parsley, and pour melted butter over the whole.

### ŒUFS SEÑORA

Place the poached eggs on a dish of plain pilaff (p. 537) and serve with Tomato sauce (p. 71).

### FRIED EGGS

Eggs should be fried, one at a time, in very hot butter or fat in an omelet pan, allowing 4 tablespoons to each egg. Break the eggs into a saucer and season. Slide them one at a time into the pan, which should be tilted so that the egg is kept compact. Take a spoon or skimmer, dip it into the hot fat or else the egg may stick to it, and fold the white over the yolk. Turn the egg, leave it for a few seconds and put it on a hot dish. If your fat is at a proper temperature, the frying of several eggs should only take 2 or 3 minutes. The outside of the egg should be slightly browned and the inside creamy and almost liquid like a poached egg.

### FRIED EGGS WITH ANCHOVY SAUCE

Place the fried eggs on a dish and pour over Anchovy sauce (p. 53).

### FRIED EGGS WITH ASPARAGUS

*(Asparagi alla Fiorentina)*

Brown in butter some asparagus tips, which have been previously boiled lightly so that they are not too soft. Season with salt, pepper and grated cheese and serve with fried eggs.

### FRIED EGGS WITH BACON

Grill some thin slices of bacon and place them on a hot dish with the fried eggs. The bacon may be fried in a little butter if preferred.

### FRIED EGGS À LA CATALANE

Break 1 egg at a time into a cup, season with salt and pepper and slide it carefully into a deep frying pan of very hot oil. Turn the egg, remove with a fish slice and serve on hot buttered toast. An egg, cooked in this manner, swells out like



a fritter. It is done very rapidly and it requires skill to remove the egg at the correct moment.

### DEVILLED FRIED EGGS

The eggs should be fried in Brown Butter (p. 55). Add 1 teaspoon of vinegar to the brown butter, a few capers, season well with salt and cayenne, pour over the fried egg and serve very hot.

### FRIED EGGS À LA MADRILÈNE

The eggs are fried with strips of raw ham, and are served with a hot Tomato sauce (p. 71), or with fried potatoes.

### FRIED EGGS WITH MUSHROOMS AND TOMATOES

The fried eggs are served with grilled mushrooms and grilled tomatoes.

### FRIED EGGS SPANISH FASHION

Remove the top of a few French rolls and scoop out the soft white bread from the inside. Pour in a little milk, a little melted butter, and season with salt, pepper and some finely minced ham. Break 1 egg into each roll and season with salt and pepper. Fry in a deep pan of hot oil, basting continually till the eggs are set. Drain and serve.

### YORKSHIRE FRIED EGGS

Place fried eggs, thin rectangular toasts fried in butter, and strips of fried ham alternately round a dish. Garnish in the middle with fried parsley. Tomato sauce (p. 71) is served separately in a sauceboat.

### EGGS EN COCOTTE

It is necessary to have a special cocote dish for cooking eggs in this manner. The dish is usually made of glazed earthenware, white inside and green or brown outside and has a small handle. Each dish should be large enough to hold one egg. The cocote dish should be put in the oven to get hot until required. Put 1 tablespoon of cream to each egg in a small saucepan and heat it, but do not boil. Put one tablespoon of this cream into each cocote dish, break an egg in each and add  $\frac{1}{2}$  teaspoon of butter and a pinch of salt. Place the cocote dishes in a large saucepan or a boiler and fill with water to reach the middle of the cocote dishes. Cover with a close-fitting lid and put in a moderate oven, so that the water simmers without actually boiling. If the cocote dishes are not too thick, the eggs should be cooked in 6 or 7 minutes. The eggs should have the appearance and consistency of a poached egg.

**ŒUFS AUX POINTES D'ASPERGES EN COCOTE**

Put a few cooked asparagus tips into the cocote dish, add the other ingredients and cook as usual.

**ŒUFS EN COCOTE À LA BORDELAISE**

Put a little cooked beef marrow into the cocote dish before adding the other ingredients. Serve with a little Bordelaise sauce (p. 55), poured over.

**EGGS EN COCOTE WITH LOBSTER**

Pound in a mortar some lobster, and if possible some of the spawn, to a smooth paste. Season with salt and cayenne and moisten with a little cream. Place the mixture in the cocote dish with  $\frac{1}{2}$  teaspoon of butter, break the egg over it and cook as usual. Serve with a small pat of the lobster paste on the egg.

**EGGS EN COCOTE WITH PAPRIKA**

Mix a little paprika with the hot cream, and after the egg has been broken into the cocote dish sprinkle it with more paprika.

**ŒUFS AU PARMESAN EN COCOTE**

Put a teaspoon of melted butter into the cocote dish, season with salt and pepper, add a little chopped parsley and 1 heaped teaspoon of grated Parmesan cheese. Break the egg into the dish, season with more salt and pepper and sprinkle over more parsley and Parmesan. Cook as usual.

**EGGS SUR LE PLAT**

*Sur le plat* dishes are flat and shallow and are made of either glazed earthenware or fireproof glass. They are usually made in two sizes to take one or two eggs. Put the dishes in the oven to get hot. Put in enough butter to cover the bottom of the dish when melted, and a pinch of salt. When the butter is very hot, break the eggs carefully into the dish, season the whites with salt but not the yolks, as it is apt to mark them and spoil their appearance. Put the dishes in the middle shelf of a fairly quick oven, so that they get an equal heat, and cook for 3 to 4 minutes. The whites should be sufficiently set but creamy and the yolks, though quite cooked, runny.

**EGGS SUR LE PLAT WITH ANCHOVIES**

Put a little chopped anchovy in the dish before breaking the egg. After the egg has set, lay an anchovy round the yolk.

**EGGS SUR LE PLAT WITH BACON**

This is made by putting chopped grilled bacon in the dish before adding the egg.

**EGGS AU BEURRE NOIR**

This consists of a little Black Butter (p. 54), to which a few capers have been added, and poured over the cooked eggs just before serving.

**ŒUFS SUR LE PLAT À LA FLORENTINE**

Cover the bottom of the dish with spinach, blanched and cooked, and sprinkle over it grated cheese. Break the egg over the spinach and cook. Cover with a little Mornay sauce (p. 65), and put for a moment in a quick oven to get thoroughly hot.

**ŒUFS SUR LE PLAT AU GRATIN**

Cover the bottom of the dish with Mornay sauce (p. 65), break the egg into the dish and cover with more Mornay sauce. Cook in a quick oven.

**ŒUFS SUR LE PLAT À L'INDIENNE**

Cook some shredded onions, sliced apples and sliced tomatoes in butter, and add a little curry powder and salt. Mix well and put some of this in the dishes before breaking the eggs. Cook the eggs as usual.

**ŒUFS SUR LE PLAT À LA MADRILÈNE**

This is made by putting in the dish, before breaking the eggs, some tomatoes cooked in oil with chopped shallots, chervil, tarragon and seasoned with salt, pepper and a finely chopped chilli pepper. Garnish with a little chopped parsley.

**ŒUFS SUR LE PLAT SAUCE MATELOTE**

The bottom of the dish is covered with Matelote sauce (p. 63), the egg placed on top and covered with more of the Mateloté sauce.

**ŒUFS SUR LE PLAT À LA MIRABEAU**

Butter the bottom of the dish with Anchovy Butter (p. 74). Break the egg into it and cook. Serve with an anchovy placed around the yolk and olives stuffed with Tarragon Butter (p. 76), placed on both sides. Decorate with blanched tarragon leaves.

**ŒUFS SUR LE PLAT À LA MONEGASQUE**

Chopped tomatoes and chopped tarragon are placed in the bottom of the dish, the egg broken over and cooked as usual. Serve with an anchovy placed around the yolk and cover with Tomato sauce (p. 71).

**EGGS SUR LE PLAT WITH MUSHROOMS**

This consists of the addition of chopped cooked mushrooms before breaking the eggs in the dish.

**ŒUFS SUR LE PLAT À LA TURQUE**

After cooking the eggs, place some sliced lamb kidneys, previously cooked in butter, over them. Pour over a little of the butter in which they were cooked.

**SCRAMBLED EGGS**

Scrambled eggs are not easily made. They should be cooked on a very slow fire in a rather large, thick sauté pan, so that the heat is evenly distributed and the eggs not likely to catch. A double saucepan is sometimes recommended for this dish.

Allow  $\frac{1}{2}$  oz. butter and  $\frac{1}{2}$  tablespoon milk or cream to each egg. Butter the sauté pan evenly with half the quantity of butter. Break the eggs in a basin, season with salt and pepper and beat gently so that the yolks and whites are perfectly blended, but on no account must they be beaten to a froth. Pour the eggs into the sauté pan through a coarse wire sieve; this will free the eggs from any froth or particles not well mixed. Cook on a very slow fire (use a boiling mat if it is gas), stirring continuously with a wooden spoon or wire egg whisk and add gradually the rest of the butter in small pieces. When the mixture begins to thicken, remove from the fire and continue stirring until the eggs are just sufficiently set to be eaten with a fork. Add the milk or cream and turn out of the pan or else the eggs will go on cooking in the hot pan and be overdone. Serve on hot buttered toast or rounds of fried bread. The scrambled eggs should have the consistency of thick cream and, if properly cooked, should be free from all lumps.

**SCRAMBLED EGGS À L'ESPAGNOLE**

Cook a few tomatoes gently in a little oil, the tops of which have been cut off and some of the inside scooped out. Fill the tomatoes with scrambled egg and place over each sliced fried onions and chopped pimientos.

**SCRAMBLED EGGS AUX FINES HERBES**

This is made by mixing chopped tarragon, a little chopped chervil, parsley and chives with the eggs before serving.

**SCRAMBLED EGGS AUX FOIES DE VOLAILLE**

This consists of chopped chicken livers, previously cooked in butter and added to the scrambled eggs when nearly cooked.

### SCRAMBLED EGGS GEORGETTE

Bake some large potatoes, make an opening in the top of each and scoop out some of the interior. Prepare the scrambled eggs with the addition of prawns, and fill the potato cases with this mixture. Place a pat of Prawn Butter (p. 76) on top of each and serve very hot.

### SCRAMBLED EGGS À L'INDIENNE

Just before serving add to the scrambled eggs a little chopped chutney, some apples cut into chips, and onions shredded, both previously fried in a mixture of butter and  $\frac{1}{2}$  tablespoon curry powder.

### SCRAMBLED EGGS MAGDA

Just before serving the scrambled eggs add 1 teaspoon of grated Gruyère cheese to each egg and stir well. Then add 1 teaspoon of mixed herbs and 1 of made mustard. Serve on a hot dish and garnish with fried croûtons (p. 25).

### SCRAMBLED EGGS WITH MUSHROOMS

This consists of adding chopped cooked mushrooms to the scrambled eggs just before serving.

### SCRAMBLED EGGS AU PARMESAN

This consists of adding grated Parmesan cheese to the scrambled eggs just before they have finished cooking. Garnish with croûtons of fried bread.

### SCRAMBLED EGGS AUX POINTES D'ASPERGES

This consists of adding asparagus tips, previously cooked in butter to the scrambled eggs just before they have finished cooking. Allow  $\frac{1}{4}$  lb. asparagus tips to every 4 eggs. Garnish with croûtons of fried bread.

### SCRAMBLED EGGS WITH TRUFFLES •

This consists of cooked truffles, cut into small dice, added to the scrambled eggs just before they have finished cooking. Garnish with truffles cut in thin slices.

## Omelets

### PLAIN OMELET

Omelets should be cooked in a special pan, kept for the purpose, and with a rounded bottom. The pan should be thick, as an omelet will cook too quickly in a thin pan. The pan should be large if a number of eggs are used, so that the eggs will be

thinly spread out. The pan should not be allowed to get scratched, as this will sometimes spoil the omelet. In some kitchens it is the custom never to wash an omelet pan, but merely to dry it with a dry cloth. By this means the pan is kept slightly oiled and perfectly smooth. It is better not to make an omelet of too many eggs, as it is difficult to mix a quantity of eggs quickly enough.

Break the eggs in a basin and mix with a fork. The yolks and the whites should be just blended and on no account should be beaten to a froth. Season, and mix 2 teaspoons of unboiled milk or cream to each egg. Do not let the mixture stand, but use immediately. Put  $\frac{1}{2}$  oz. butter to each egg in the pan on a brisk fire, and see that the inside of the pan is coated all over, otherwise the eggs will stick. When the butter is hot and sizzling, pour the egg mixture in, stirring in a circular motion. When the eggs appear to thicken, stop stirring for a few seconds to allow the mixture to brown and fold the omelet quickly in the pan and slide immediately on to a hot dish or plate. An omelet made with 4 eggs should not be cooked for more than 2 minutes. It should have the consistency of thick cream inside, while the outside should be just sufficiently set to allow folding.

### OMELETTE À L'ANDALOUSE

The omelet is cooked in the usual manner, but just before folding add cooked sliced tomatoes and sliced pimientos. Garnish with rounds of fried onions.

### BACON OMELET

Add chopped bacon to the egg mixture before cooking, and serve the omelet on grilled rashers of bacon.

### OMELETTE BONNE FEMME

Add to the eggs chopped cooked bacon, mushrooms finely chopped, and fried in butter, and shredded onions cooked in butter without browning. Mix all thoroughly and make the omelet.

### OMELETTE CHASSEUR

Fold into the omelet the following mixture: chopped chicken livers cooked in a little butter, chopped mushrooms also cooked in butter but with the addition of 1 or 2 tablespoons of Madeira. Serve with Chasseur sauce (p. 57), poured around.

### OMELETTE CLAMART

Fold into the omelet some peas cooked *à la française* (p. 491). Garnish with more peas.

**OMELETTE FERMIÈRE**

Add chopped ham and mixed herbs to the eggs before cooking. Do not fold the omelet but serve flat.

**OMELETTE FLORENTINE**

Add a few spinach leaves, which have been previously blanched and cooked in butter, to the egg mixture before cooking.

**OMELET WITH GAMMON AND FRIED BREAD**

Add to the omelet, when nearly cooked, gammon fried in butter and cut into dice, and croûtons of fried bread. Fold the omelet and serve.

**OMELETTE GRAND'MÈRE**

Add fried parsley and croûtons of fried bread to the egg mixture before cooking. Cook the omelet in the usual way.

**HAM OMELET**

Add ham, previously cooked in butter and cut into dice, to the egg mixture before cooking. Garnish the omelet with more of the ham dice.

**KIPPER OMELET**

Fry or grill the kippers, previously skinned, boned, and filleted. Chop finely and add this, with a little chopped parsley and a little pepper, to the egg mixture before cooking.

**OMELET WITH CALVES' LIVER**

Cook the calves' liver, cut in thin slices and sprinkled with flour, in a little butter. Chop into small pieces and add to the egg mixture before cooking.

**OMELETTE LORRAINE**

This consists of cooked bacon, chopped fine, very thin slices of Gruyère cheese, a little cream and chopped chives, all mixed together and added to the eggs before cooking.

**OMELETTE MIREILLE**

This omelet should be cooked in oil instead of butter. Fill the omelet before folding with chopped tomato, which has been cooked in butter with a little garlic. To serve, pour round the omelet a Cream sauce (p. 59), flavoured with saffron.

**OMELETTE MOUSSELIN**

Separate the yolks and the whites. Mix the yolks with cream and beat the whites to a froth. Mix both thoroughly and cook the omelet as usual. Serve at once.

## OYSTER OMELET

Prepare the eggs exactly as in the preceding recipe, and add to the mixture oysters chopped in small pieces. Place a few whole oysters in the omelet when folding. Serve immediately.

## OMELETTE AU PARMESAN

Add grated Parmesan cheese to the egg mixture before cooking the omelet, allowing 1 level tablespoon to every 4 eggs.

## OMELETTE AUX POINTES D'ASPERGES

(*Asparagus Omelet*)

Add asparagus tips, previously cooked in butter, to the egg mixture. Garnish the omelet with more asparagus tips.

## OMELETTE AUX ROGNONS

(*Kidney Omelet*)

Fold into the omelet kidneys cooked in butter, cut into dice and mixed with Madeira sauce (p. 63). Serve with Madeira sauce poured around.

## OMELETTE SOUBISE

Fill the omelet just before folding with a Soubise purée (p. 70). Serve with Soubise sauce (p. 70) poured around.

## SPANISH OMELET

Prepare the omelet as usual but add 2 teaspoons olive oil to the egg mixture. Add to this, onions sliced thinly and fried in oil, slices of tomato and thin strips of pimiento, both fried in oil, and thin strips of lean ham. Cook in the usual way.

Another method is to fold this mixture into the omelet when nearly cooked.

## TOMATO OMELET

See Omelette à l'Andalouse (p. 240), but leaving out the pimientos and onions.

## OMELETTE AU THON

Add to the egg mixture tunny fish in oil, chopped into small pieces. Pour some melted Anchovy Butter (p. 74) over the omelet just before serving.

## OMELETTE AUX TRUFFES

Add truffles cut in small dice to the egg mixture. Garnish the omelet with slices of truffle.

## OMELETTE À LA TURQUE

Fill the omelet just before folding with small slices of chicken livers, cooked in butter and mixed with Madeira sauce (p. 63). Garnish with slices of cooked chicken livers and pour Madeira sauce around the omelet.



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*Methods of Cooking:* For notes on Braising, Roasting, Stewing, etc., see p. 85.

*Gravies:* For notes on the making of Gravies see pp. 44, 86. A recipe for Gravy will be found on p. 62.

*Choosing Meat:* For notes on the different types of Joints (illustrated) including the Method of Cooking each part of the animal, see p. 36.

*Carving:* For notes on Carving (illustrated) see p. 16.

*Garnishes:* Descriptions of special Garnishes for Joints, Entrées, Tournedos, etc. will be found on pp. 705-711.

## Beef

### BOILED BEEF

The pieces which are most suitable for boiling are the round, the brisket, silverside and aitchbone. Put the meat, well skewered and tied, in a saucepan only just sufficiently large to contain it, and barely cover with warm water. Bring to the boil gradually, and remove the scum as it rises. Add 2 or 3 sliced carrots, 1 or 2 large onions, cut in half and stuck with 2 or 3 cloves, 2 or 3 turnips cut in half, a sprig of thyme, parsley, 1 bayleaf, salt and peppercorns. Simmer gently and allow 20 minutes to the lb., and 20 minutes over. Serve with a little of the stock poured over the meat, and garnish the dish with the vegetables.

### LE BOUILLI (French Boiled Beef)

See p. 108 in Soup section. The meat is put on a hot dish, garnished with the vegetables, and a little of the stock is poured over it. Sometimes a little *gros sel*, or coarse salt, is sprinkled over, and sliced gherkins are served with it. Tomato sauce, Robert sauce and Caper sauce (pp. 71, 70, 56), are the favourite French sauces served with le Bouilli.

### BOILED BRISKET OF BEEF

Lay a few rashers of bacon in a saucepan and lay the meat over them. Brown the meat lightly, turning it occasionally to brown evenly.

Remove the bacon, drain off the fat, cover the meat with warm stock or water and proceed as in the recipe for Boiled Beef (above).

To serve, put the meat on a hot dish, and pour over a few table-spoons of the strained stock. Serve with a sauce made by browning 1 oz. flour with 1 of butter, adding  $\frac{1}{2}$  pint of the warm stock gradually, and the vegetables, cut in small dice.

## COLLARED BEEF

The best pieces to use for collared beef are the thin end of the flank of beef or the ribs, but the former is more generally used. To every 1 lb. of beef allow 2 ozs. coarse sugar, 6 ozs. salt, 1 oz. saltpetre. Lay the meat on a dish and rub in the sugar, salt and saltpetre. Let stand in this pickle for 10 days, turning the meat every day and rubbing in the pickle. Bone the meat, removing the gristle and coarse skin, and roll in a mixture of 2 tablespoons finely chopped parsley, 1 tablespoon minced sage, bouquet mixed herbs,  $\frac{1}{2}$  teaspoon pounded allspice, salt and ground peppercorns. Now roll the meat, tie as tightly as possible in a cloth and boil very gently for 6 hours. When done, remove from the saucepan, put a heavy weight over it, without removing it from the cloth, and let stand till quite cold.

## CORNERED BEEF

Corned or pickled beef is usually bought already pickled. The round of beef is the piece used for corned beef.

Put the beef in a saucepan, cover with warm water, bring to the boil and simmer gently, allowing about 30 minutes to 1 lb. and 30 minutes over. Let stand in the water till cold.

## BOILED BEEF À LA FLAMANDE

Lard  $4\frac{1}{2}$  to 5 lbs. of top rump of beef (p. 27 for larding), put in a saucepan with  $\frac{1}{2}$  lb. of gammon and cover with 3 quarts warm stock or water. Bring to the boil, and skim carefully. Season with salt and peppercorns and simmer gently, allowing 20 to 25 minutes to 1 lb. and 20 minutes over. One hour before serving, add 3 or 4 carrots, cut in half lengthwise, the same of turnips, and, 45 minutes before serving, add a few potatoes and a small cabbage, quartered. To serve, put the meat on a hot dish, garnish with the vegetables, strain a little of the stock over it and serve with either a Horseradish or a Tomato sauce (pp. 63, 71).

## PICKLED BEEF

See instructions for Salting Beef, Hams, etc. (p. 80).

HOTCHPOTCH WITH SOUP MEAT (*Dutch*)

(*Hutspot met klapstuck*)

*Ingredients:* 1 lb. fat soup meat,  $\frac{3}{4}$  lbs. lean soup meat, 3 lbs. carrots, 3 lbs. potatoes, 10 ozs. onions, 2 ozs. fat,  $1\frac{1}{2}$  pints water, salt and peppercorns.

*Method:* Wash the meat and put in warm salted water. Bring to the boil, skim, and simmer for 2 hours. At the end of the 2 hours peel the carrots, mince them very finely, and add to the stock. In another 30 minutes add the peeled potatoes and chop-

ped onions and simmer for another 30 minutes till the vegetables are very tender. Add more water during the process of cooking if necessary. But, when the dish is ready, the water should have completely evaporated. Remove the meat from the saucepan, put on a hot dish and surround with all the vegetables mashed with a wooden spoon.

### PRESSED BEEF

Salt brisket of beef is used for this typically English dish. The meat is washed and put in a saucepan with sufficient water to cover. Bring to the boil, skim carefully and add 2 or 3 whole onions, 2 or 3 halves of carrots,  $\frac{1}{2}$  large turnip, sprig of parsley, thyme, 1 bayleaf and a few peppercorns. Simmer till the bones can be easily detached from the meat, allowing 30 minutes to 1 lb. and 30 minutes over. Remove from the stock, drain and press between two boards or two dishes, placing a heavy weight over the upper board or dish. When quite cold the meat is brushed over with glaze (p. 45).

### BOILED SALT SILVERSIDE OF BEEF

This is boiled in the same manner as unsalted beef (recipe for boiled beef, p. 252). Suet dumplings (p. 538) are boiled in the stock and served as a garnish with this dish, as well as the vegetables.

### BOILED BEEF WITH SAUERKRAUT

Either fresh or salt beef can be used for this dish. (Recipe for boiled beef, p. 252). Put the beef on a hot dish when done, and garnish with the cooked sauerkraut (p. 463), and strain a little stock over the whole.

### SPICED BEEF

Mix 2 teaspoons black pepper with  $\frac{1}{2}$  teaspoon each ground ginger, powdered cloves, grated nutmeg and mace. Sprinkle freely over a piece of pickled beef (p. 253), well drained. The meat should then be rolled, bound and skewered into shape. Put in an earthenware casserole with sufficient water and wine to barely cover the meat, cover closely with the lid, and put in a moderate oven for 4 to 5 hours. Remove from the casserole, put the meat between 2 boards, placing a weight over the top board, and let stand till cold.

### Beef, Braised or Stewed

#### BEEF STEW

A beef stew, in the English fashion, can be done with various cuts from the beef, the most usual being ribs of beef, shin and steak. The meat can either be left in the single piece, or cut in

2½ to 3-inch lengths. The meat is then browned in butter or hot fat, and a small amount of either stock or warm water is added, brought to the boil and thoroughly skimmed. A few vegetables, such as onions, carrots, turnips, a bouquet of mixed herbs, salt and peppercorns are added. Cover, and simmer till the meat and vegetables are quite tender.

### STEWED BEEFSTEAK

For 2 lbs. steak cut in 1 piece to a thickness of about ¾ inch, allow 6 to 8 ozs. veal forcemeat (p. 79), 1 pint stock or water, 1½ ozs. butter, 1 tablespoon flour, salt and pepper. Flatten the meat with a beater or rolling-pin, spread the forcemeat over the steak, roll up and tie with tape. Brown the meat in the butter, seasoning with salt and pepper and, when equally browned on all sides, add the stock or water. Cover the saucepan and simmer very gently for 2 hours. When done, put the steak on a hot dish, thicken the stock with the flour and strain over the meat.

### BŒUF CRÉOLE

The characteristic of this dish is that no water or liquid is used. Put 2 or 3 lbs. rump of beef in an earthenware casserole, on a few slices of fat bacon. Season with salt, pepper and chilli pepper, finely chopped, and cover the meat with 2 lbs. sliced onions and the same of tomatoes. Cover and simmer for 3½ to 4 hours. Serve in the casserole, after having carved the meat.

### BEEF À LA BOURGUIGNONNE

Lard 3 to 4 lbs. top rump with strips of larding bacon (p. 27) which have been marinated in a little brandy. Put the beef in a deep dish, with 1 or 2 sliced onions, mixed herbs, 1 bayleaf and ¾ pint red wine. Season with salt and peppercorns and let stand for 2 or 3 hours. Remove the meat from the marinade, wipe it with a cloth, and brown in a little butter, being careful to brown equally on both sides. Now add the wine in which it was standing, 1 gill veal or chicken stock, and ½ pint Espagnole sauce (p. 50). Add a bouquet of mixed herbs, and 1 tablespoon mushroom peelings. Cover and cook in a moderate oven for 2½ to 3 hours. 30 minutes before the meat is to be served, put it in another saucepan with ½ lb. pickling onions, previously browned in butter, ¼ lb. quartered mushrooms cooked in butter, ¼ lb. gammon, cut in dice and also browned in butter. Strain the sauce over the meat and simmer for another 30 minutes.

### BRAISED BEEF

Put 4 to 5 lbs. fresh brisket of beef in a saucepan in which it just fits, over 2 or 3 sliced carrots, 1 large leek, 1 or 2 sliced turnips,

and 1 stick of celery. Cover the meat with a few slices of bacon, add a bouquet mixed herbs, and sufficient stock or water to nearly cover the vegetables. Season with salt and peppercorns. Cover with a close-fitting lid, bring to the boil and simmer gently in the oven for 4 to 5 hours. 30 minutes before serving, put the meat in a clean saucepan, strain the sauce over it, and add  $\frac{1}{4}$  pint each of carrots and turnips, turned with a vegetable scoop to about the size of large peas, and browned in a little butter. Add a few pickling onions, also browned in butter.

### BRAISED BEEF À LA CATALANE (Spanish)

*Ingredients:* 5 or 6 lbs. topside or round of beef,  $\frac{1}{2}$  lb. larding bacon, the same of ham,  $\frac{1}{2}$  lb. bacon rashers,  $1\frac{1}{2}$  lbs. onions,  $\frac{1}{2}$  lb. small mushrooms, 1 lb. French beans, 1 lb. tomatoes, 2 lbs. potatoes, 3 or 4 carrots, 1 lb. sausages, 1 glass red wine, small glass brandy, 1 clove garlic, thyme, marjoram, sweet basil, parsley, 1 or 2 bayleaves, salt, pinch of nutmeg, peppercorns, butter.

*Method:* Lard the beef on both sides with thin strips of larding fat and uncooked ham (p. 27 for larding). Line a large saucepan with the bacon rashers, lay the beef on these, add a little butter, the garlic, sliced onions and carrots, parsley, salt, peppercorns and nutmeg. Simmer gently till the meat and vegetables begin to brown, then put in the sliced tomatoes and the red wine and brandy. Simmer again till the wine is reduced, then cover the meat with water, bring to the boil and simmer for  $2\frac{1}{2}$  to 3 hours, till the meat is very tender. To serve, put the meat on a hot dish and garnish with the following, all previously cooked: the French beans, sautéed with a little ham, the potatoes, cut in small dice and browned in butter, the mushrooms and the fried sausages. The strained stock is served in a sauceboat.

### BRAISED FILLET OF BEEF

Lard  $3\frac{1}{2}$  to 4 lbs. fillet of beef very closely with larding bacon (p. 27)\* and place it in a small saucepan in which it just fits, on a layer of bacon rashers. Add 1 gill of very good stock and 2 tablespoons brandy. Put on a very quick fire and, as soon as the liquid has come to the boil, baste the meat with it continually for 7 or 8 minutes while the liquid is reducing. When the liquid has completely evaporated, add  $\frac{3}{4}$  pints hot stock, 6 tablespoons white wine, 1 tablespoon pork dripping. Season with salt and pepper, bring to the boil, cover, and put in the oven. Simmer gently, allowing 15 minutes to each 1 lb. of meat. Baste frequently. When done, remove the meat from the saucepan, put on a fireproof dish, pour 3 or 4 spoons of the sauce over it, and put in a quick oven for a few minutes to glaze it. Strain, reduce the stock

in which the meat was cooked and thicken with a little arrowroot or flour.

### BRAISED FILLET OF BEEF (2)

Put the larded fillet, well seasoned with salt and pepper, in a roasting pan, on a trivet, and pour a little melted butter or fat over it. Put in a very quick oven for 10 minutes till equally browned on all sides. Meanwhile, slice  $\frac{1}{4}$  lb. carrots and the same of onions in  $\frac{1}{4}$ -inch rounds and brown in a little butter. Now lay a few rashers of bacon in a small saucepan, just sufficiently large to hold the beef, cover with the vegetables and lay the meat over them. Add a bouquet of mixed herbs and 6 tablespoons stock. Bring to the boil and boil till the stock has completely evaporated. Now add  $\frac{3}{4}$  pints stock, put a sheet of buttered paper over the meat and cover with a close-fitting lid. Put in a moderate oven and simmer, basting frequently and allowing from 12 to 15 minutes to 1 lb. A few minutes before serving, glaze the meat as in the preceding recipe, strain the sauce and reduce for a few minutes, but do not thicken it.

### BRAISED FILLET OF BEEF WITH MADEIRA SAUCE

Braise the fillet as in the preceding recipe but serve with a Madeira sauce (p. 63) to which 3 or 4 tablespoons of the strained sauce from the fillet have been added, and a garnish of Potato Croquettes (p. 494).

### BRAISED FILLET OF BEEF WITH MUSHROOMS

Braise the fillet as indicated in recipe for Braised Fillet (2) (p. 257), garnish the dish with mushrooms, previously cooked in butter, and serve with a Madeira sauce (p. 63).

### BRAISED FILLET OF BEEF À LA JARDINIÈRE

Garnish the braised fillet with carrots and turnips, boiled and sautés in butter, and cut in rectangles, French beans, peas, and clusters of cooked cauliflower. Serve the sauce, strained through a sieve in a sauceboat.

### BRAISED FILLET OF BEEF À LA NIVERNAISE

Garnish the braised fillet with turned carrots, boiled and lightly browned in butter, and pickling onions also browned in butter. Serve the sauce, strained through a sieve, in a sauceboat.

### BRAISED FILLET OF BEEF RENAISSANCE

The garnish is much the same as à la Jardinière (p. 708), but young carrots, etc., are used as well as the green part of fresh asparagus, and new potatoes.

**BRAISED FILLET OF BEEF RICHELIEU**

Braised Fillet cooked as recipe on p. 256. The garnish consists of 3 or 4 small stuffed tomatoes (p. 505) and the same number of stuffed mushrooms (p. 487), a few braised lettuces (p. 482) and a few small potatoes, cooked in butter. The strained sauce is served in a sauceboat.

**BRAISED RUMP OF BEEF À LA FLAMANDE**

Braise the rump of beef, garnish with the same cooked vegetables as in Boiled Beef à la Flamande (p. 253), and strain the sauce over it.

**BRAISED STEAK WITH PEAS**

Remove the outer leaves of a lettuce, wash it thoroughly and drain. Put them in an earthenware casserole, with  $\frac{1}{2}$  small onion, and over it put  $1\frac{1}{2}$  pints of shelled peas, a small pat of butter, and a seasoning of salt, pepper and a little sugar. Place  $1\frac{1}{2}$  to 2 lbs. of rump steak, seasoned with salt, over the peas, cover closely, put in a moderate oven and simmer for  $1\frac{1}{2}$  to 2 hours, turning the peas occasionally and basting the meat. When done, put the steak on a hot dish, carve it, put the peas around it and the lettuce, divided in half.

**BRAISED STEAK WITH POTATOES À LA CRÈME**

Cut 2 lbs. rump steak into  $\frac{1}{2}$ -inch thick slices, season with salt and brown lightly in butter, with 2 medium-sized sliced onions, 2 sliced carrots and a bouquet of mixed herbs. When browned, add 2 ozs. breadcrumbs, fried in butter, 2 cloves, 2 or 3 peppercorns and barely cover with equal parts of stock and red wine. Cover with the lid, put in the oven and simmer for  $1\frac{1}{2}$  hours, basting frequently. 15 minutes before serving, remove the slices of steak from the casserole, strain the sauce, put the meat back in the casserole, add the sauce to which 1 gill of cream has been added, 1 tablespoon capers and the juice of  $\frac{1}{2}$  lemon. Steam the potatoes in their jackets and, when done, peel them and put them in a saucepan with a little over a gill of cream. Season with salt and pepper and simmer for 15 minutes. To serve, put the slices of steak on a hot dish, cover with the sauce and serve the potatoes separately.

**BROWN STEW**

Cut  $1\frac{1}{2}$  lbs. neck of beef in pieces convenient for serving, put on a dish and sprinkle with 2 tablespoons vinegar. Let stand for 1 hour. Dry with a cloth and brown in a little butter. Remove the meat from the pan and fry 1 sliced onion, 1 sliced carrot and 1 turnip till brown. Sprinkle with  $1\frac{1}{2}$  ozs. flour, stir well, then add the meat and cover with 1 pint of stock or water. Bring to the



boil season with salt and peppercorns, and simmer for 2½ hours. To serve, put the meat on a dish, strain the sauce over it, and garnish with cooked shredded carrots, onions and turnips.

### LES CARBONNADES FLAMANDES

(*Flemish Carbonades*)

Cut 2½ lbs. of either boned neck of beef, top shoulder or thin flank, into 2-inch lengths about 1 inch thick, season with salt and pepper and brown in 4 ozs. butter or lard. Add 3 ozs. lean gammon, cut in small cubes, and brown. Remove the meat and gammon from the saucepan, pour out most of the melted butter or lard, leaving about 2 tablespoons and stir in 2 tablespoons flour to make a light brown *roux* (p. 48). Add gradually 1 bottle of beer (light ale), stirring continuously. Brown 1 lb. shredded onions in butter or lard. Put the sauce made with the beer into an earthenware casserole, and fill with alternate layers of onions and meat and gammon. Add 1 clove of chopped garlic, 2 lumps sugar and a seasoning of salt and pepper. Bring to the boil, cover, and simmer in the oven for 2½ to 3 hours. It may be necessary to add more beer as the meat, etc., should be well covered with the liquid. Just before serving add a little vinegar and serve in a deep dish. Plain boiled potatoes are always served with the Carbonade.

### BRAISED BEEF SAUCE CHASSEUR

Braise from 3 to 4 lbs. fresh brisket of beef (p. 89), and cover with a Chasseur sauce (p. 57).

### BRAISED BEEF À LA CHIPOLATA

Any cut of braised beef can be served with this garnish: A few pickling onions, browned in butter, a few fried chipolata sausages, a few chestnuts, boiled in stock till tender, a little gammon, cut in dice and browned in butter and a few turned carrots, cooked in butter (the last may be omitted). Serve with the strained sauce in a sauceboat.

### DAUBE OF BEEF

(*Beef Stew*)

There is no exact English equivalent for the word "Daube," which is a beef stew, of which there are many varieties. The classical or typical *Daube* is made as follows: Divide 3½ lbs. rump of beef into thick slices and lard with strips of larding bacon (p. 27), previously rolled in finely chopped parsley and a little chopped garlic. Season with salt and pepper, sprinkle with chopped shallots, put in a deep dish or casserole, add a bouquet of mixed herbs and pour 1 bottle of red wine over the whole. Let

stand for 2 hours. Then wipe the pieces of meat with a cloth. and brown in fat or butter on both sides. Place in a casserole, only just sufficiently large to hold them, over a few rashers of bacon. Add the bouquet of mixed herbs and cover with the wine in which they were marinated. Bring to the boil, cover closely and simmer in the oven for 4 hours. Serve in the casserole, removing the bouquet of herbs.

### DAUBE OF BEEF À LA PROVENÇALE

Cut 2½ lbs. of fresh silverside into 3 oz. slices, and put in a deep dish or casserole with 2 quartered onions, 2 or 3 carrots, cut in half, a bouquet of mixed herbs, salt, pepper and mixed spices. Cover with 1 bottle of red wine, 1 wine glass of vinegar, and let stand for 5 or 6 hours.

Chop 6 ozs. fat bacon, put in an earthenware casserole and cook over a brisk fire. When it has melted, remove the pieces of bacon and brown 1 quartered onion in the fat. Then add the meat with its garnish of onion and carrot and brown on both sides. Now add 4 or 5 cloves of garlic, a bouquet of mixed herbs and a strip of orange peel. Cover the whole with the red wine and ½ pint of hot water. Cover closely and simmer in the oven for 4 to 5 hours. Strain the sauce before serving.

### COLD DAUBE À LA CRÉOLE

Put 3 lbs. larded rump or round of beef in a saucepan with 2 lbs. knuckle of veal and 2 calves' feet, previously blanched, and cover with cold water. Bring to the boil and skim carefully. Add 3 onions, cut in half, 3 carrots, 2 turnips, 2 cloves garlic, mixed herbs, salt, pepper and cayenne. Cover the saucepan with a lid, leaving an opening so that the steam may escape. Simmer for 3 to 3½ hours till the beef is tender. Remove the beef from the saucepan and place in a large, deep basin. Simmer the other ingredients for another hour. Then remove from the saucepan and bone both knuckle of veal and calves' feet. Cut in inch lengths and add to the beef. Strain the stock into a basin through a cloth and let stand till cold. Then clarify with whites of egg (p. 111). Strain the clarified stock over the meat and stand in a cool place, or on ice, till set in a firm jelly. The daube can be garnished with the carrots, cut in fancy shapes and added when the stock just begins to set. Turn out carefully and garnish with sprigs of parsley and a few chilli peppers.

### ESTOUFFADE OF BEEF

Divide 1½ lbs. top shoulder of beef and the same quantity of top ribs in square slices, each weighing 2½ to 3 ozs. and lard them (p. 27). Brown the meat and 3 onions, cut in quarters, in the

fat in which  $\frac{1}{2}$  lb. lean bacon, cut in dice, has been cooked. Add 2 tablespoons flour, stir well and cook till browned. Then add 1 bottle red wine,  $\frac{3}{4}$  pint beef stock, a bouquet mixed herbs, season with salt and peppercorns, cover closely and simmer for  $2\frac{1}{2}$  to 3 hours in the oven. Pour the contents of the saucepan on a wire sieve over a basin. Remove the pieces of meat and the dice of bacon and put in a deep frying pan with quartered mushrooms previously cooked in butter. Let the sauce stand for 15 minutes so that it can be skimmed. If too thin, thicken it by reducing, and if too thick, add a little stock. Strain over the meat, etc., simmer for another 15 minutes and serve.

### EXETER STEW

Remove all fat and gristle from 2 lbs lean beef and cut the meat in 8 or 10 pieces. Put them in a stewing jar with 2 tablespoons of vinegar and put in a cool oven. Fry 2 or 3 sliced onions in butter, sprinkle with  $1\frac{1}{2}$  ozs. flour, cook till brown and add  $1\frac{1}{2}$  pints water. Bring to the boil and pour over the meat in the jar. Season with salt and pepper, cover closely and cook in a moderate oven for 3 hours. Make some savoury balls with 4 ozs. flour,  $1\frac{1}{2}$  ozs. of chopped suet, 1 tablespoon chopped parsley,  $\frac{1}{2}$  teaspoon powdered mixed herbs, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon baking powder and 1 saltspoon pepper. Work all the ingredients in a basin and shape into small balls. Bring the stew to the boil and add the balls to it 40 minutes before required. To serve, pile the meat in the middle of the hot dish, strain the sauce over it and garnish with the savoury balls.

### GULLASCH (Austrian and Hungarian). (*Beef Stew*)

Melt 2 or 3 ozs. butter or fat in a saucepan and add 5 or 6 thinly sliced onions. Cook till they begin to brown. Then add  $1\frac{1}{2}$  lbs. of beef, cut in 1-inch cubes, 1 or 2 cloves chopped garlic, 1 tablespoon paprika, a few caraway seeds and season with salt and pepper. Cook till the meat is slightly brown, then add sufficient hot stock or water to cover the meat and simmer for  $1\frac{1}{2}$  to 2 hours. Serve in the casserole in which it was cooked. Dumplings of some kind are served with Gullasch, or macaroni or nouilles (pp. 538, 528, 531).

### HOT POT

Cut 2 lbs. lean beef into 8 or 10 pieces. Slice  $\frac{1}{2}$  lb. onions and quarter 2 or 3 lbs. potatoes. Place a layer of potatoes in an earthenware dish, and over this place a layer of meat and sliced onions. Continue thus till the dish is filled. Season with salt and pepper, fill the dish 3 parts full of water, cover with a greased paper and put in a moderate oven for 2 hours. Serve in the same dish.

## STEWED LEG OF BEEF

Cut 1 lb. leg of beef in 5 or 6 pieces, put in a dish and pour 2 tablespoons vinegar over them. Let stand for 1 hour, turning occasionally. Then put them in a stewing jar, with the vinegar. Season with salt and pepper, add 1 thickly sliced onion, carrot and small turnip, mixed herbs and  $\frac{3}{4}$  pints water. Cover closely and either cook in a very slow oven for 3 hours or stand in a saucepan of boiling water. Serve the stew on a hot dish with its strained sauce.

## BEEF À LA MODE

Lard  $3\frac{1}{2}$  to 4 lbs. rump of beef with strips of larding bacon (p. 27 for larding), previously marinated in a little brandy, salt, pepper, mixed spices and sprinkled with finely chopped parsley. Rub the meat over with salt and pepper, put in a deep dish with  $\frac{1}{2}$  bottle red wine and a little brandy and let stand for 5 to 6 hours. Braise in the same manner as Fillet of Beef (2) (p. 257), using the wine of the marinade and adding 2 calves' feet, previously blanched, boned and tied up with string. When  $\frac{3}{4}$  cooked, put the meat in another and smaller saucepan with the calves' feet cut in small squares,  $\frac{3}{4}$  lbs. pickling onions, browned in butter and the same of turned carrots, previously boiled, but not soft. Cover with the strained sauce and simmer for another 20 minutes. Garnish with the carrots and onions and cover with the sauce.

## BEEF À LA MODE À LA MÉNAGÈRE

Brown the larded beef equally on all sides in a little butter or fat. Drain off all the fat, add 6 tablespoons red wine, 1 of brandy and reduce to 2 tablespoons. Then add 1 calf's foot, prepared as in the preceding recipe, a slice of larding bacon, 1 quartered onion, bouquet of herbs and sufficient stock or water to not quite cover the meat. Bring to the boil, cover closely and simmer in the oven for 4 hours, turning the meat occasionally. One hour before serving add  $\frac{1}{2}$  lb. thickly sliced carrots. Put the meat on a hot dish, garnish with the vegetables and calf's foot, cut in small squares. Strain  $\frac{1}{2}$  pint of the sauce and pour over the meat.

## COLD BEEF À LA MODE

Proceed as in the foregoing recipe. When done, put the meat in an earthenware terrine or large salad basin over half of the vegetables, surround with the pieces of calf's foot, cut in small squares, and the rest of the vegetables and cover with the strained sauce, adding a little Madeira. Stand in a cold place till set in a jelly.

## BEEF À LA MODE WITH NOUILLES

This consists of Beef à la Mode à la Ménagère (above) served with nouilles (p. 531), mixed with butter and freely sprinkled with grated Parmesan cheese.

**PAUPIETTES OF BEEF À L'ITALIENNE**

Paupiettes consist of thin slices of lean beef 4 inches long and 2 inches wide, covered with a thin layer of pork forcemeat (p. 79), and with mixed herbs, they are then rolled, tied with string, surrounded with a rasher of fat bacon and braised. Serve with Italian risotto (p. 535).

**PAUPIETTES OF BEEF WITH MADEIRA SAUCE**

Cover each slice of beef with a layer of mushrooms, previously boiled, rubbed through a sieve and mixed with a little chopped chives, parsley, seasoned with lemon juice, salt and pepper and 1 whole egg. Tie up, braise and serve with Madeira sauce (p. 63).

**PAUPIETTES OF BEEF WITH DUXELLES SAUCE**

Put a layer of finely chopped mushrooms, mixed with a little Duxelles sauce (p. 60), on each paupiettes, roll and tie up. Braise and serve with Duxelles sauce.

**PAUPIETTES OF BEEF WITH ANCHOVIES AND OLIVES**

Put a layer of finely chopped anchovies (in oil) and olives on each paupiettes. Roll, tie up and braise. When cooked strain the sauce and pour over them.

**BEEF ROLLS OR OLIVES**

The meat is cut in the same manner as for Paupiettes, spread with a layer of veal forcemeat, rolled and tied and braised. Serve on a bed of mashed potatoes and strain the sauce over them.

**STEWED SHIN OF BEEF**

Saw the bone into 3 or 4 pieces, put in a saucepan and just cover with cold water. Bring to the boil, skim, add 1 large onion, cut in half, 2 sticks of celery, mixed herbs, salt, peppercorns and a little allspice. Simmer for 3 to 3½ hours till the meat is tender. Garnish with thickly sliced carrots, turnips, pickling onions, all cooked separately. Thicken 1 pint of the stock with ½ oz. flour, season with a little mushroom ketchup, 1 glass of port wine, and pour over the beef.

**Beef, Grilled****GRILLED BEEFSTEAK**

For grilling meat (p. 86). Grilled beefsteak can be served with a garnish of watercress, scraped horseradish, with grilled or baked tomatoes, with fried onions, or with Oyster sauce (p. 66). Grilled meat should be served as soon as done, and should never be put in the oven to keep warm.

**BEEFSTEAK BERCY**

Grill the steak and cover with a Bercy sauce (p. 54).

**BEEFSTEAK AND FRIED POTATOES**

Grill the steak, place a few pats of Maître d'Hôtel Butter (p. 75) on it, and garnish the dish with round potato chips (p. 497).

**BEEFSTEAK MARCHAND DE VINS**

Grill the steak and cover with a Bercy sauce (p. 54) made with red wine.

**BEEFSTEAK À LA MIRABEAU**

Grill the steak and cover with a trellis work of boned filleted anchovies in oil, stoned olives and a few tarragon leaves. Serve with Anchovy Butter (p. 53).

**BEEFSTEAK WITH TARTARE SAUCE**

Grill the steak and serve with Tartare sauce (p. 71) in a sauceboat.

**BEEFSTEAK VERT-PRÉ**

Grill the steak, put on a hot dish, and at each end of the dish put a garnish of watercress and Straw potatoes (p. 500).

**CHATEAUBRIAND**

The cut known as Chateaubriand is a steak cut from the middle of the fillet of beef, about two inches thick. It should not weigh more than 1 to 1½ lbs. It is grilled and served with the same garnishes and sauces as grilled fillets and tournedos (pp. 265, 266), but the classical and traditional way of serving it is with Maître d'Hôtel Butter (p. 75), or a Colbert sauce (p. 58) and with a garnish of Potatoes Château (p. 495).

**ENTRECÔTE À LA BÉARNAISE**

The entrecôte is a steak cut from the sirloin. Grill and serve with a Béarnaise sauce (p. 54) in a sauceboat, and garnish the dish with Potatoes Château (p. 495).

**ENTRECÔTE GRILLÉE SAUCE PIQUANTE**

Grill the entrecôte and cover with a Sauce Piquante (p. 67).

**ENTRECÔTE AUX HUITRES**

*(Entrecôte with Oysters)*

Grill the entrecôte and serve with a sauce made as follows: Chop ½ lb. shallots very finely and put in a saucepan with 1½ pints of vinegar. Bring to the boil and simmer till the vinegar has almost completely evaporated. Serve the cold oysters in their

half shells on a separate plate. The contrast of a mouthful of hot steak with the hot sauce, eaten alternately with the cold oysters is most pleasing to the palate.

### ENTRECÔTE À LA MARSEILLAISE

Grill the entrecôte and serve with Maître d'Hôtel Butter (p. 75) mixed with  $\frac{1}{4}$  of the quantity of Tomato Butter (p. 76), and  $\frac{1}{2}$  clove of crushed garlic. Garnish with "Ribbon" potatoes (p. 499) and small tomatoes, emptied and baked for 10 minutes in the oven with oil and a little garlic and then filled with a stoned olive surrounded with a fillet of anchovy.

### ENTRECÔTE MEXICAINE

Grill the entrecôte and garnish with grilled mushrooms, covered with thick tomato pulp (p. 72) and grilled pimientos. Serve with a highly seasoned Tomato sauce (p. 71).

### FILET MINUTE

Cut very thin slices from the fillet, trim neatly and cook over or under a very hot grill, grilling one side of the fillet for exactly 1 minute and allowing the same time for the other side. It can be served with any of the sauces usually served with fillets of beef.

### GRILLED BONES

The best bones for grilling are the ribs of beef. Leave a certain amount of meat on the bones, sprinkle with cayenne and coat with a little mustard. Grill and serve very hot.

### FILETS MIGNONS

These small fillets are usually taken from the ends of the fillet. Trim and give a triangular shape to the filet mignons. Grill and garnish with fried potatoes or any vegetable in season. Serve with any of the sauces which are appropriate to grilled meat, Béarnaise, etc. (p. 54).

### FILETS MIRABEAU

Grill the filets and garnish with anchovies, stoned olives and a few tarragon leaves. Serve with Anchovy Butter (p. 74).

### PORTERHOUSE STEAK

Porterhouse Steak is a sirloin of beef cut as a steak to a thickness of  $1\frac{1}{2}$  to 2 inches. Grill and serve with fried onions and round chip potatoes (p. 497).

## GRILLED RUMPSTEAK

Grill the rumpsteak and serve with grated horseradish.

## RUMPSTEAK MIRABEAU

Grill the rumpsteak and garnish in the same manner as for Filets Mirabeau (p. 265).

## TOURNEDOS

The *tournedos* and beef medallions are cut from the fillet of beef, and should not weigh more than 3 to 3½ ozs. each. They are usually served on a croûton of fried bread, or on a flat croquette made with the ingredients of the accompanying garnish.

## TOURNEDOS BÉARNAISE

Grill the tournedos, place them on croûtons of fried bread (p. 25) and surround each fillet with Béarnaise sauce (p. 54). Garnish with Potatoes Château (p. 495).

## TOURNEDOS À LA FLORENTINE

Grill the fillets, place them on a flat semolina croquette (made in the same way as rice croquette, p. 534), and place over each a little spinach, mixed with thick Béchamel sauce (p. 52), and the yolk of 1 or 2 eggs, all lightly browned in butter. Serve with melted Maître d'Hôtel Butter (p. 75), to which a little chopped tarragon has been added.

## TOURNEDOS À LA JARDINIÈRE

Grill and serve with the same garnish as for Braised Fillet of Beef à la Jardinière (p. 257).

## TOURNEDOS HENRI IV

Grill the tournedos, place on a croûton of fried bread, and over each tournedos put a small cooked artichoke bottom, garnished with potatoes turned to the size of a hazel nut and lightly browned in butter. Serve with a Béarnaise sauce (p. 54).

## TOURNEDOS À LA MOËLLE

(*Tournedos with Beef Marrow*)

Grill the tournedos, put on a hot dish and place a slice of cooked beef marrow over each. Serve with a Bordelaise sauce (p. 55).

## TOURNEDOS AUX MORILLES

(*Tournedos with Morels*)

Grill the tournedos, garnish with morels, cooked in butter, and sprinkle the whole with chopped parsley. Mushrooms can be used instead of morels.



**TOURNEDOS TYROLIENNE**

Grill the tournedos and place on a hot dish. Over each put the following: Chop some onions very finely and fry in butter. Mix with a little Poivrade sauce (p. 68). Surround each tournedos with a thick Tomato sauce (p. 71).

**TOURNEDOS VERT-PRÉ**

Grill the tournedos. On each, place a pat of Maître d'Hôtel Butter (p. 75) and garnish with bunches of watercress and Straw potatoes (p. 500).

**Beef, Roasted****PLAIN ENGLISH ROAST BEEF**

For method of roasting meat (p. 85). The pieces which are usually roasted are the sirloin, the fillet, the ribs, the round and the aitchbone. In England, the usual accompaniments to roast beef are gravy, Horseradish Sauce (pp. 86, 63) and Yorkshire Pudding (p. 84).

**ROAST SIRLOIN WITH POTATOES CHÂTEAU**

This consists of roast beef, with a garnish of potatoes Château (p. 495) and the gravy which has come from the meat (see gravy, in section on Roasting, p. 86).

**ROAST SIRLOIN WITH ROBERT SAUCE**

Add a few thin strips of cooked tongue to a Robert sauce (p. 70), and serve with the roast beef.

**ROAST SIRLOIN WITH POTATO CROQUETTES**

Garnish the dish with Potato Croquettes (p. 494), and serve with a Bordelaise sauce (p. 55).

**ROAST FILLET OF BEEF**

Lard the fillet (p. 27) and roast it, basting frequently. Serve plain with the gravy from the pan (gravy, directions for roasting, p. 86).

**FILLET OF BEEF DAUPHINE**

Roast the larded fillet, basting frequently with butter. Put on a hot dish, garnish with Croquettes à la Dauphine (p. 494), and serve with a Madeira sauce (p. 63).

**FILLET OF BEEF À LA HONGROISE**

Roast the larded fillet and garnish with a few medium-sized onions, boiled and lightly browned in butter, and with clusters

of cauliflower, covered with Mornay sauce (p. 65), to which a little paprika and chopped ham have been added. Serve with a thin Soubise sauce (p. 70), seasoned with paprika.

### FILLET OF BEEF À LA JARDINIÈRE

Roast the fillet and garnish in the same manner as Braised Fillet Jardinière (p. 257).

### FILLET OF BEEF WITH MUSHROOMS

Roast the fillet, basting with butter, garnish with mushrooms previously cooked in butter, and serve with a Madeira sauce (p. 63).

### FILLET OF BEEF À LA PARISIENNE

Roast the fillet and garnish with the bottoms of artichokes, covered with a layer of chopped tongue, mushrooms and truffles, mixed with a little thick Velouté sauce (p. 72) and potatoes à la Parisienne (p. 496). Serve with a Demi-Glace sauce made with Madeira (p. 60).

### FILLET OF BEEF RICHELIEU

Roast the fillet and garnish in the same manner as for Braised Fillet Richelieu (p. 258).

### FILLET OF BEEF ST. FLORENTIN

Roast the fillet and garnish with potatoes St. Florentin, and either cêpes (when obtainable), or mushrooms cooked in butter. Serve with a Bordelaise sauce (p. 55) made with white wine.

### FILLET OF BEEF (Cold)

Fillet of beef which is to be eaten cold should be larded and roasted. When quite cold it should be coated with aspic jelly (p. 46) and garnished with the same jelly, cut in different shapes or merely coarsely chopped.

### HUNTER'S BEEF

This consists of a round of pickled beef (p. 253). Put the beef in a meat tin with  $\frac{1}{2}$  pint of water. Cover the top of the meat with minced suet, and over the whole put a crust of flour and water. Bake or roast for 6 hours. When cold, remove the paste and glaze or coat with aspic jelly (p. 46).

### BEEF, SAUTÉ AND FRIED (in butter or oil)

The pieces of beef most suitable for this manner of cooking (p. 87) are the entrecôte, or sirloin steak, the small fillets, or *filets mignons*, the tournedos and medallions. In all cases, they should be seasoned with salt and pepper before being cooked.

**ENTRECÔTE OR SIRLOIN STEAK À LA BORDELAISE**

The entrecôte is sauté in butter (p. 87 for sautés), put on a hot dish, and garnished with cooked beef marrow. Serve with a Bordelaise sauce (p. 55).

**ENTRECÔTE AUX CHAMPIGNONS**

*(Sirloin steak with Mushrooms)*

The entrecôte is sauté, put on a hot dish and garnished with mushrooms, cooked in butter. Serve with either a Demi-Glace sauce or Espagnole sauce (pp. 60, 50).

**ENTRECÔTE À LA HONGROISE**

The entrecôte is sauté in butter, with  $\frac{1}{4}$  lb. gammon cut in dice and previously blanched (p. 28). Add 2 chopped onions and cook till brown. Sprinkle with 1 tablespoon of paprika, mix in 4 tablespoons of white wine and cook till reduced to two-thirds. Add  $\frac{1}{2}$  pint Velouté sauce (p. 72) and cook for another 8 minutes. Put the entrecôte on a hot dish, surround with plain boiled potatoes and cover with the sauce.

**ENTRECÔTE À LA TOMATE**

The entrecôte is sauté and surrounded with a thick Tomato sauce (p. 71).

**FILETS MIGNONS**

For Filets Mignons (p. 265). They are usually dipped in butter, coated with fine white breadcrumbs and fried or sauté in butter. They can be served with any vegetable garnish or an appropriate sauce, such as Béarnaise, etc. (p. 54).

**TOURNEDOS À L'ANDALOUSE**

The tournedos are sautés in butter, and placed on croûtons of fried bread. Garnish with stuffed grilled pimientos (p. 492) and grilled chipolata sausages. Put a few slices of fried aubergines over each tournedos (p. 455).

**TOURNEDOS BALTIMORE**

The tournedos are sautés in clarified butter (p. 24). Place each in a tartlet case garnished with corn mixed with a little cream. Over each tournedos place a slice of tomato, previously sauté in butter, and over the tomato put a slice of cooked pimiento (p. 492). Serve with Maître d'Hôtel Butter (p. 75).

**TOURNEDOS AUX CHAMPIGNONS**

The tournedos are sautés in butter and served with a garnish of mushrooms, also sauté in butter. Place a large mushroom on each tournedos. Cover with Espagnole sauce (p. 50).

## TOURNEDOS DUBARRY

The tournedos are sautés in butter, placed on croûtons of fried bread and garnished with clusters of cauliflower covered with Mornay sauce (p. 65).

## TOURNEDOS WITH TARRAGON BUTTER

The tournedos is sauté in butter, put on a hot dish and covered with melted Tarragon Butter (p. 76). Garnish each fillet with tarragon leaves.

## TOURNEDOS À LA MARSEILLAISE

The tournedos is sauté, and placed on a croûton of fried bread. On each tournedos place a small tomato, baked in a little oil, with a clove of garlic and stuffed with a stoned olive, surrounded with a fillet of anchovy. Garnish with Ribbon Potatoes (p. 499). Serve with a Provençale sauce (p. 69).

## TOURNEDOS À LA MOËLLE

*(Tournedos with beef marrow)*

The tournedos is sauté and garnished with cooked beef marrow. Serve with a Bordelaise sauce (p. 55).

## TOURNEDOS PARMENTIER

The tournedos is sauté and put on a hot dish. In the centre of the dish put a garnish of potatoes cut into dice and lightly cooked in butter. Sprinkle the potatoes with chopped parsley.

## TOURNEDOS RACHEL

The tournedos is sauté, put on a croûton of fried bread, and on each place a small cooked artichoke bottom, garnished with cooked beef marrow. Serve with a Bordelaise sauce (p. 55).

## TOURNEDOS ROSSINI

The tournedos is sauté in butter and put on a croûton of fried bread. On each lay a slice of pâté de foie gras, sauté in butter, and a few slices of truffle. Mix 3 or 4 tablespoons of Madeira to the butter in which the tournedos were cooked and add to a Demi-Glace sauce (p. 60). Serve in a sauceboat.

## TOURNEDOS SAINT-GOTHARD

The tournedos is sauté and placed on a croûton of fried bread. Over each place  $\frac{1}{2}$  grilled tomato filled with Béarnaise sauce (p. 54) and garnish with puff or soufflé potatoes (p. 496).

### Dishes made with Cooked Beef

#### BOILED BEEF OR BOUILLI À LA CRÈME

Slice the cold beef, put the slices in a fireproof dish, and over it put a thick Cream sauce (p. 59) to which a few cooked and quartered mushrooms and 2 or 3 finely chopped cooked shallots have been added. When hot, serve at once.

#### BOILED BEEF WITH SAUCE PIQUANTE

Cover the slices of cold beef with a Piquante sauce (p. 67), and cook for a few minutes till very hot.

#### BOILED BEEF WITH TOMATO SAUCE

Proceed as in the foregoing recipe, using Tomato sauce (p. 71).

#### BOILED BEEF WITH SOUBISE SAUCE

The same as foregoing, using Soubise or Onion sauce (pp. 70).

#### BOILED BEEF WITH BORDELAISE SAUCE

The same as foregoing recipes, but using Bordelaise sauce (p. 55).

#### BOILED BEEF AU GRATIN

Put a layer of Duxelles sauce (p. 60) in a fireproof dish, lay the slices of meat over it, cover with more Duxelles and garnish with a few cooked mushrooms. Put in the oven till thoroughly hot.

#### BOILED BEEF, SAUCE MORNAY

Proceed as in foregoing recipe using Mornay sauce (p. 65) instead of Duxelles sauce, and sprinkle with breadcrumbs and grated cheese. Put in the oven and brown lightly.

#### BEEF HASH

Chop the meat coarsely and mix in a pan with 1 sliced fried onion, 2 ozs. of bacon, cut in dice, and moisten with Espagnole sauce (p. 50). Cook for a few minutes, put on a hot dish and garnish with croûtons of fried bread.

#### CROQUETTES OF BEEF

Chop the cold beef finely, mix with cold chopped mushrooms and bind with very thick cold Béchamel sauce (p. 52). Shape into corks, about 2 inches long and 1-in. wide, brush over with flour, yolk of egg, and coat with fine breadcrumbs. Fry in deep fat (p. 87) to a light golden colour. Drain and serve on a hot dish on a folded napkin. Any of the above-mentioned sauces can be served with them.

**MINCED BEEF**

Cut the meat in small pieces and cook for a few minutes in any of the sauces which are mentioned in the foregoing recipes for boiled beef.

**MIROTON OF BEEF**

Chop  $\frac{3}{4}$  lbs. onions, and brown in 2 ozs. of butter. Sprinkle with 1 teaspoon flour, mix well and add  $\frac{1}{2}$  pint hot stock or water, 6 tablespoons white wine, season with salt and pepper and simmer for 25 minutes. Then add the sliced beef and cook for 7 or 8 minutes. Butter a fireproof dish, garnish all around with sliced cooked potatoes, lay the meat in the centre of the dish, pour the sauce over it, sprinkle with breadcrumbs, dot with pats of butter and put in a quick oven for 10 minutes.

**BEEF SALAD**

Cut the beef into strips about  $\frac{1}{2}$ -inch wide and mix in a salad bowl with cold sliced potatoes. Dress with a Viniagrette dressing (p. 513) and garnish with bunches of watercress and slices of hardboiled eggs.

**BEEF SALAD WITH POTATOES AND BEANS**

Proceed as in foregoing recipe, mixing cooked French beans with the potatoes and meat and omitting the watercress and eggs.

**SAUTÉ OF BEEF LYONNAISE**

This consists of chopped onions, fried to a golden colour in lard and oil. The meat is cut in thin narrow slices, added to the onions, highly seasoned with salt and pepper and cooked till lightly browned. A handful of chopped parsley is then added, with a little garlic and the whole is cooked for a few minutes longer. Sauté potatoes are usually served with this dish (p. 499).

**Sundries****BEEFSTEAK AND KIDNEY PIE**

*Ingredients:* 1 lb. lean beef, veal or lamb kidneys, 1 tablespoon chopped onion, a pinch of chopped parsley, stock or water, butter, salt and pepper. Puff pastry or short crust (pp. 539, 541).

*Method:* Cut the meat into slices about  $\frac{1}{2}$ -inch square and slice the kidneys. Brown both lightly in butter. Arrange them in a pie-dish, sprinkle with the chopped onion, previously lightly browned in butter, and the parsley. Season with salt and pepper and add sufficient stock or water just to cover the meat. Cover with a lid of either puff pastry or short crust, press the edges down firmly, moistening the paste slightly, decorate with pastry cut in fancy shapes, make a slight opening in the centre of the pie

to allow the steam to escape, brush over with beaten yolk of egg and bake in a slow oven for about  $2\frac{1}{2}$  hours. Pour a little hot stock in the pie a few minutes before serving.

### BEEFSTEAK AND KIDNEY PUDDING

Line a pudding basin with suet paste (suet dumplings, p. 538), and fill with pieces of lean beef and sliced kidneys, seasoning with salt and pepper. Cover with weak stock or water and make a lid with more suet paste, moistening the edges and pressing down firmly, so that the pudding is well sealed. Cover the top in a scalded and floured pudding cloth and boil for 3 to  $3\frac{1}{2}$  hours or steam for 4 hours.

### BEEFSTEAK AND OYSTER PIE

Proceed as in recipe for Beefsteak and Kidney Pie (p. 272), but omitting the kidney, and adding 1 to  $1\frac{1}{2}$  dozen oysters.

### BEEFSTEAK PIE

Proceed as in recipe for Beefsteak and Kidney Pie, but instead of the kidney add  $\frac{3}{4}$  lbs. of potatoes, sliced  $\frac{1}{2}$ -inch thick.

### BEEFSTEAK PUDDING

Proceed as in recipe for Beefsteak and Kidney Pudding (above) but omitting the kidneys, and using sliced potatoes instead, arranging them in alternate layers with the meat.

### BEUF STROGONOFF (Russian)

Cut 1 lb. of lean beef, preferably fillet, into 1-inch squares, sprinkle with salt and pepper and let stand for 2 hours. Brown 1 oz. flour in 1 oz. butter, and add 1 pint hot stock gradually, stirring continuously. Stir in 1 tablespoon tomato juice and 2 of sour cream. Brown the meat in butter on a quick fire with a little chopped onion. When brown, put the meat in the sauce and simmer for 15 minutes. Then bring to the boil and serve at once.

### BUBBLE AND SQUEAK

In modern times this is often confused with Colcannon (p. 463) and made with only cabbage and potatoes. I give the recipe of the original and genuine Bubble and Squeak. Boil a cabbage, drain, squeeze in a cloth to extract the water and chop it somewhat finely. Lightly brown a few slices of cold salt beef in butter, then add the chopped cabbage, season with salt and pepper and cook till lightly browned, mixing it with the meat. Lay the cabbage in the middle of a dish and put the slices of meat around it.

**COLLOPS, MINCED (Scotch)**

Fry 1 finely chopped onion in a little dripping, add 1 lb. lean beef or rump steak, finely minced, and season with salt, pepper and a pinch of nutmeg. Moisten with about 1 cup of stock and simmer for 1 to 1½ hours. Then add 1 tablespoon mushroom ketchup, sprinkle with 1 dessertspoon of breadcrumbs or oatmeal, mix all well and cook for 5 to 10 minutes. Put on a hot dish and surround with a border of mashed potatoes. Garnish with slices of hard-boiled egg, and snippets of toast or fried bread.

**CRÉOLE GRILLADES**

Lightly brown 2 chopped onions in butter, add ½ lb. sliced or quartered tomatoes and cook for about 10 minutes, crushing the tomatoes with a wooden spoon to extract the juice. Season with salt, pepper and cayenne. Cut 1 lb. round of beef into slices about 4-inch square, add to the tomatoes and onions, dilute the sauce with a little hot stock or water, as it should not be too thick, cover the pan with a dish and simmer for 30 minutes or till the meat is tender. Add a little more liquid if necessary and turn the meat occasionally. To serve, put the grillades on a hot dish and pour the sauce over them. This dish should be highly seasoned and Chili peppers are often added to it.

**BEEF, CURRIED**

Proceed as in the recipe for Créole Grillades but, before adding the meat, mix in 1 level tablespoon of curry powder, or more, according to taste. Serve with mango chutney and plain boiled rice (p. 534).

**\*ESTERHAZY STEAKS (Hungarian)**

Grill a few small steaks taken from the loin and, when nearly done, add them to 1 or 2 sliced onions, carrots and turnips, browned in butter. Add 1 gill sour cream and sprinkle with 1 tablespoon paprika. Simmer for about 15 minutes till the steaks are tender. They should be slightly underdone.

**FRICADELLES OF BEEF**

Make a forcemeat with ¾ lbs. lean beef, finely chopped, about 6 ozs. bread, soaked in milk and well squeezed, 6 ozs. butter and 2 whole eggs. Season with salt and pepper, add 2 ozs. finely chopped onion, lightly browned in butter, and 1 teaspoon of chopped parsley. Put on a floured board and shape into somewhat thick square cakes. Melt some butter in a frying pan and when very hot put in the fricadelles. Cook for 10 minutes, then put in the oven in a buttered tin and cook for 30 to 40 minutes. Serve with Robert sauce (p. 70).



### GALANTINE OF BEEF

Put 2 lbs. of lean beef in a saucepan with 1 lb. fat pork and 1 lb. gammon. Cover with warm water, bring to the boil and simmer till tender. Remove from the saucepan and, when cold, mince the three together, adding 2 finely chopped onions, 1 clove of garlic, a little parsley, thyme, marjoram, 1 bayleaf. Season highly with salt and pepper and bind with the yolks of 3 or 4 eggs. Moisten with a little stock, shape into a large sausage, tie in a cloth and steam for 1 hour. Remove from the cloth only when quite cold.

### PLANKED SIRLOIN-STEAK WITH OYSTERS (American)

Grill the steak for 5 minutes on each side. Meanwhile make the plank (an oak board about 1-inch thick and slightly larger than the meat) very hot by putting it in the oven. Butter the board, put the steak on it, garnish with mashed potatoes and put under the grill for another 10 minutes, turning the steak once. Season it with salt and pepper, brush over with melted butter, place a few grilled oysters over the steak and serve very hot.

### POTATO PASTY

Mix lightly together 1 oz. butter and  $\frac{1}{4}$  lb. flour. Add  $\frac{1}{4}$  lb. cooked potatoes, mashed and rubbed through a sieve, and a good pinch of salt. Stir in 1 egg and enough warm milk to make a stiff paste. Roll out the paste and on one half of it put  $\frac{1}{4}$  lb. uncooked lean beef, mixed with parboiled potatoes, cut in dice, and 1 small onion, finely chopped. Season with salt and pepper, moisten with a little stock, fold over the other half of the paste, pressing down the edges, prick, and bake in a moderate oven for 1 hour.

### POTTED BEEF

Cut 2 lbs. lean beef into small pieces, put in a jar with 1 tablespoon of water, sprinkle with a little powdered cloves, mace and allspice and salt and pepper. Cover with a close-fitting lid and buttered paper. Place the jar in a saucepan of boiling water and simmer in the oven for 3 hours, replacing the boiling water as it evaporates. Now pound the meat in a mortar, adding the juice the meat has yielded, and a few drops of anchovy essence. Rub through a sieve and press into pots. Cover with clarified butter (p. 24).

### SEA-PIE

Cut 1 lb. beefsteak into thin slices about 2 inches square, put in a saucepan, season with salt and pepper and barely cover with boiling water. Put the lid on the saucepan and simmer for 1 hour. Then add 1 sliced carrot, 1 small chopped onion, and cover the meat with a layer of suet pastry (p. 542). Replace the lid on the

saucepan and simmer for another  $1\frac{1}{2}$  hours. When done, cut the paste into 4 pieces, remove carefully from the saucepan and put on a plate. Put the meat and vegetables on a hot dish and put the paste over them.

### TERRINE DE BŒUF (French)

Cut 2 lbs. rump of beef and  $\frac{3}{4}$  lbs. lean gammon into thin slices. Put these in alternate layers in a terrine 8 inches wide and 4 inches deep, seasoning each layer with salt, pepper and a little nutmeg. Sprinkle each layer with 2 or 3 bayleaves, and a few sprigs of thyme. Moisten with 6 or 8 tablespoons of stock, cover with strips of fat bacon and then with a close-fitting lid. Cook in a slow oven for 3 to  $3\frac{1}{2}$  hours, adding 1 or 2 tablespoons of stock if necessary. When done, pour the liquid into a cup, remove the fat and pour the liquid back into the terrine. Put a plate on the meat, place a heavy weight on it, and let stand overnight.

### TOAD-IN-THE-HOLE

The modern version of this dish is somewhat different from the original one, the modern housewife having substituted sausages for beef. The traditional one is as follows: Make a batter with  $\frac{1}{4}$  lb. flour, 1 egg,  $\frac{1}{2}$  pint of milk, and a good pinch of salt. Pour about  $\frac{1}{4}$  of this in a baking tin thinly coated with dripping, and put in a moderate oven till almost set. Then put in 1 lb. steak, cut in small pieces, season with salt and pepper and cover with the rest of the batter. Bake in a quick oven at first and continue in a moderate oven till sufficiently cooked.

### BEEF BRAIN

Soak the brain in cold water for at least 2 hours, changing the water frequently. Carefully remove the skin and fibres and soak once more for about 30 minutes in warm water. The brain should then be poached in the following court-bouillon: To cook 1 beef brain, use 1 quart water, 2 tablespoons vinegar, 1 onion stuck with 2 cloves, bouquet of mixed herbs, 1 level tablespoon salt, and 5 or 6 peppercorns. Bring to the boil and simmer for 20 to 25 minutes. Remove from the fire, strain, and, when lukewarm, add the beef brain. Bring to the boil and simmer for 20 to 25 minutes. Drain thoroughly and use as required.

### BEEF BRAIN WITH BLACK BUTTER

The brain, poached as in preceding recipe, is put on a hot dish and the Black or Brown butter poured over it (pp. 54, 55).

### BEEF BRAIN, FRIED

Cut the brain into slices, when poached and drained, put them in a dish with a little oil, lemon juice, chopped parsley and salt

and pepper. Then dip in flour, coat with yolk of egg and bread-crumbs. Fry in deep fat (p. 87), and serve with a Tomato sauce (p. 71).

### BEEF BRAIN FRITTERS

Let them stand in the court-bouillon till cold. Drain and cut in thin slices. Dip these in frying batter (p. 83) and fry in deep fat (p. 87).

### BEEF BRAIN WITH PIQUANTE SAUCE

Cut the poached brain in thin slices and cook for 10 minutes in a Piquante sauce (p. 67).

### BEEF BRAIN WITH POULETTE SAUCE

Proceed as in foregoing recipe, but cooking the brain in Poulette sauce (p. 68).

### BEEF BRAIN, SAUTÉ

For this preparation the brain is not poached in the same manner. It is merely blanched for 5 minutes in boiling water, to which a little vinegar and salt have been added. Cut into long thin slices and let stand for 30 minutes in a dish with a little oil, lemon juice, salt, pepper and chopped parsley. Sprinkle with flour and cook in butter in a sauté pan. (Cooking in Butter, p. 88). Serve with a Tomato or a Piquante sauce (pp. 71, 67).

### BEEF BRAIN IN SCALLOP SHELLS

Cut the poached brain in small dice and mix with thick Béchamel sauce (p. 52). Put the mixture in scallop shells, sprinkle with grated Parmesan cheese and brown lightly in a quick oven.

### BULLOCK'S HEART, STUFFED

Soak the heart in warm water for 2 hours, changing the water several times, cut away cartilage and gristle at the base and remove the lobes and the membrane, separating the cavities inside the heart. Drain and dry the heart and stuff with Veal Forcemeat (p. 79). Cover the base with greased paper and tie with string, so that the forcemeat will not come out. Roast in the oven (p. 85 for Roasting), basting frequently with butter or fat. 30 minutes before serving, remove the paper. Serve with red currant jelly, and the gravy made by diluting the sediment from the meat pan with a little boiling water.

### OX CHEEK, BOILED

Soak the ox cheek in cold water for 12 hours, changing the water frequently. The ox cheek is boiled in the same manner as an ox tongue (p. 283) and can be served with the same sauces and garnishes.

### OX CHEEK, BRAISED

Put the ox cheek in cold water, bring to the boil and simmer for 1 hour. Remove from the water, drain and braise (p. 89 for Braising). When nearly done, take out the cheek, bone it carefully, cut into slices and replace in the saucepan. To serve, put the slices of cheek on a hot dish, add a little sherry and lemon juice to the sauce in which it was cooked and strain it over the meat.

### OX CHEEK SALAD

Carve the boiled ox cheek into thin slices and mix with shredded celery, 1 or 2 apples, cut in small dice, and a finely chopped raw onion. Dress with a plain Vinaigrette dressing (p. 513) to which a little mustard has been added or with a mayonnaise (p. 64).

### OX KIDNEY

The best method of cooking ox kidney is to slice it and cook it in butter in a sauté pan. Remove all fat and skin and trim it. If it appears old, it is as well to plunge it in boiling water for 1 or 2 minutes. Drain and dry it. Then cut in thin round slices and cook in butter for 5 minutes. Remove from the pan and drain on a sieve or colander. They can then be finally cooked in various sauces.

### OX KIDNEY BERCY

The sliced kidney having been cooked as in preceding recipe, put 1 tablespoon of chopped shallots in the butter in which the kidneys were cooked, and add 1 glass white wine and 3 teaspoons meat glaze. Mix well and add a squeeze of lemon juice and 1½ ozs. butter. Mix the kidneys with this sauce and simmer for 5 to 10 minutes, but without allowing the sauce to boil. Should the sliced kidneys be boiled in the sauce they will be tough.

### OX KIDNEY WITH MUSHROOM SAUCE

Proceed as in foregoing recipe, adding the slices of sauté kidney to a Mushroom sauce (p. 65), and simmering for a few minutes.

### OX KIDNEY WITH MADEIRA SAUCE

Same as preceding recipes, but cooking the sliced kidney for a few minutes in Madeira sauce (p. 63).

### OX KIDNEY À LA PARISIENNE

Cook the sliced kidney in butter with chopped chives and shallots, seasoning with salt and pepper. Cook for about 10 to 12 minutes, tossing the kidney frequently. Just before serving add a little vinegar and sprinkle with chopped parsley.

### OX LIVER, ROASTED

Wash and dry the liver, season with salt and pepper, cover with a few rashers of fat bacon and roast in the oven (p. 85) basting frequently and allowing 30 minutes to the lb. and 30 minutes over. Serve with a gravy made by mixing the sediment in the meat pan with a little boiling water.

### BEEF MARROW

Soak the marrow in cold water for 2 hours. There are two methods of preparing it: (1) To put it in boiling water, to which vinegar and salt have been added and then poach it very gently for about 25 minutes. (2) To put it in cold salted water with a little vinegar, bringing to the boil rapidly and removing the marrow as soon as the water is boiling. The first method, on the whole, gives better results.

### BEEF MARROW ON TOAST

Cook the marrow as in preceding recipe. Drain, cut in small pieces, season with salt and pepper, and a little lemon juice. Serve on squares of hot toast on which a little mustard has been spread.

### BEEF MARROW PÂTÉS

Cook the marrow as in preceding recipes, and drain well. Chop in small pieces, season with salt and pepper and fill small pâtés of puff pastry (p. 542) with it.

### MARROW BONES

The marrow bones should be sawed in half crosswise and the thick end chopped into shape so that they can stand upright. Cover the open end of each bone with a paste made of flour and water, and put in a saucepan, with hot water reaching a little over halfway up the bones. Bring to the boil, cover the saucepan and simmer for  $1\frac{1}{2}$  to 2 hours. When done, remove the paste, wrap a napkin around each bone and serve with dry toast.

### MARROW BONES, BAKED

Prepare the bones as in preceding recipe, covering the end with paste, and bake in the oven, putting a little water in the tin occasionally. Bake for  $1\frac{1}{2}$  to 2 hours, according to the size of the bones.

### OX PALATES

Ox palates should be soaked in cold water for 5 or 6 hours, and the water frequently changed. They should then be blanched. Put in cold water, bring to the boil gradually, and as soon as the

water is boiling, remove the ox palate, drain thoroughly, and scrape off the rough skin which covers one side. They should be white and clear. Use as required.

### OX PALATE CROQUETTES

Chop the prepared ox palate and mix with  $\frac{1}{2}$  the quantity of chopped cooked mushrooms. Bind with very thick Béchamel sauce (p. 52) and 1 or 2 eggs, seasoning the whole with salt and pepper. Shape into croquettes—either cork-shaped, or rectangular—coat with flour, yolk of egg and fine white bread-crumbs, and fry in deep fat (p. 87). When a golden colour, remove from the pan and drain. Serve on a hot dish on a folded napkin, with a garnish of parsley, and Béchamel sauce in a sauceboat.

### OX PALATES À LA DANOISE

Divide the prepared palate in neat slices, season, dip in butter, then in breadcrumbs, and grill. Serve with a Rémoulade sauce (p. 70).

### OX PALATE AU GRATIN

Cut the prepared palate into thick strips, put in the centre of a dish and surround with small plain boiled potatoes. Cover the whole with a Duxelles sauce (p. 60) and put in a moderate oven to brown.

### OX PALATE WITH SAUCE POULETTE

Cut the prepared palate in thick strips, and simmer in hot water for 5 minutes. Drain, put in a saucepan, cover with a Poulette sauce (p. 68) and cook for another 5 minutes, but without boiling. Put on a dish and garnish with slices of hot hard-boiled eggs.

### OX PALATES, BRAISED

Blanch, etc., the ox palates (p. 279) and cut into 2-inch squares. Braise, allowing about  $2\frac{1}{2}$  to 3 hours, and when done put on a hot dish and strain the sauce over them. Garnish with small onions and carrots, cooked separately and browned in butter.

### LES CHOESLS (Belgian)

*(Beef and calves' sweetbreads, etc.)*

Slice 1 lb. onions and brown in a large earthenware casserole in a little butter. When lightly browned, add an ox tail, cut into joints, and season with salt, pepper and nutmeg. Add a bouquet of mixed herbs, 3 cloves, and cover with 1 bottle of beer (in Belgium, the Belgian Lambic beer is generally used). Bring to the boil and simmer for 1 hour. Then add 1 lb. of

breast of mutton, cut in small pieces, and simmer for another 30 minutes. Now put in 5 blanched ox and veal sweetbreads, 1 lb. of breast of veal, cut in small pieces, 6 sheep's feet (also blanched), divided in four, and  $\frac{1}{2}$  lb. sliced ox kidney. Simmer for another  $1\frac{1}{2}$  hours. 10 minutes before serving add a few veal Fricadelles (p. 289) and 1 lb. of cooked mushrooms. Season with more salt and pepper and, just before serving, add 1 glass of Madeira.

### OX TAIL À L'AUVERGNATE

Joint the ox tail and soak in cold water for 3 hours, changing the water 2 or 3 times. Braise it in white wine. When done, put the pieces of ox tail on a hot dish, strain the sauce over them and garnish with slices of boiled bacon, large chestnuts, boiled in stock, and pickling onions browned in butter.

### OX TAIL, GRILLED

Prepare and cook the ox tail as in preceding recipe. Remove from the saucepan, and when quite cold dip in flour and coat with yolk of egg and white breadcrumbs. Grill and serve with a Piquante sauce (p. 67).

### OX TAIL EN HOCHEPOT

Put the prepared tail in a large saucepan, with 2 blanched pig's feet, divided in 5 pieces, and 1 whole pig's ear. Cover with warm water, add salt and bring to the boil. Skim and simmer for 2 hours. Then add 1 small blanched and quartered cabbage, 12 pickling onions, 2 small carrots, 2 small turnips, and simmer for another 2 hours.

### OX TAIL, STEWED

Brown the pieces of ox tail in butter with 1 sliced onion, and sprinkle with a little flour. When thoroughly browned, add 1 pint of stock, a bouquet of herbs, 2 cloves, a blade of mace and season with salt and pepper. Cover closely and simmer for 3 to  $3\frac{1}{2}$  hours. Before serving, add 1 tablespoon of lemon juice. Put the pieces of ox tail on a hot dish, strain the sauce over them, and garnish with previously cooked carrots and small onions, browned in butter, and croûtons of fried bread (p. 25).

### OX TAIL À LA SAINTE-MENEHOULD

Braise the ox tail and, when done, season the pieces highly with pepper and coarse salt. Dip in melted butter, coat with breadcrumbs, dip once more in melted butter and again in breadcrumbs and grill. Serve with either a Devilled sauce, Robert sauce, Piquante sauce, etc. (pp. 60, 70, 67).

## TRIPE

Tripe is usually bought already dressed. The paunch is emptied and cleansed in the slaughter house, and is rarely sold in an entirely untrimmed condition. When bought in its natural condition, it should be washed repeatedly, then soaked in cold water for 6 hours, changing the water frequently, and then boiled for 10 hours or more, changing the water occasionally.

## TRIPE FRICASSÉE

Wash and dry 1½ lbs. dressed tripe, cut in pieces 2½-inch square, put in a saucepan and cover with equal parts of milk and water. Season with salt, bring to the boil and skim. Then add 2 chopped onions, a little chopped parsley and a few peppercorns. Simmer gently for 2 to 2½ hours. Twenty minutes or so before serving, thicken the sauce with 1 oz. butter kneaded with 1 oz. flour. Stir till quite smooth. When done, put the pieces of tripe on a hot dish and strain the sauce over them.

## TRIPE, FRIED

Cut the dressed tripe into 2½ to 3-inch lengths and put them in a deep dish with a little vinegar, salt and pepper. Let stand for 30 minutes. Then dip in flour, coat with yolk of egg and bread-crumbs and fry in deep fat. Drain and serve with either a Tartare sauce, Piquante sauce, Tomato sauce, etc. (pp. 71, 67, 71).

## TRIPE FRITTERS

Chop the dressed tripe, season with salt and pepper, dip a spoonful at a time in frying batter (p. 83) and drop in a pan of hot fat. Drain, put on a hot dish on a folded napkin, garnish with parsley and serve with any of the sauces mentioned in the preceding recipe.

## TRIPE, GRILLED

Cut the dressed tripe in 2 or 3-inch lengths, dip in melted butter, season with salt and pepper and coat with breadcrumbs. Grill and serve with any of the sauces mentioned in the preceding recipes.

## TRIPES À LA MODE DE CAEN

Cut the dressed tripe in 3-inch lengths. Line an earthenware casserole with strips of fat bacon or chopped pickled pork, put the pieces of tripe over them, with 2 onions, stuck with 1 or 2 cloves, 2 or 3 sliced carrots, 2 cloves of garlic, a bouquet of herbs and 2 chopped tomatoes. Cover with ½ bottle white wine and a little stock. Add 1 liqueur glass of brandy. Season highly with salt and pepper, cover closely, bring to the boil and simmer in a moderate oven for 6 to 7 hours. Remove the pieces of tripe and strain the sauce. Put back in the casserole and pour the strained sauce



over. Serve in the casserole. A piece of chopped shin of beef is often cooked at the same time to give the sauce more consistency and thickness

### TRIPE AND ONIONS

The same as Tripe Fricassée (p. 282) but the sauce is not strained.

### TRIPES À LA POULETTE

Cut the dressed tripe into 3-inch pieces and cook in a Poulette sauce (p. 68) for 10 minutes.

### TRIPE WITH ROBERT SAUCE

Cut the dressed tripe in 3-inch lengths and simmer for 30 minutes in Robert sauce (p. 70), allowing just over  $\frac{1}{2}$  pint of sauce to every lb. of tripe. Just before serving, stir in a little French mustard.

### OX TONGUE

Ox tongues are usually bought already salted, in which case they are soaked in cold water for a few hours and then boiled in plain water for about 3 hours. Remove from the water and skin them. Cover with buttered paper as, if they are exposed to the air while they cool, the surface of the meat has a tendency to become dark. When cold, the tongue may be glazed with aspic jelly or with a glaze made of  $\frac{1}{2}$  lb. gelatine dissolved in 1 pint water. They are more often than not cut only when cold.

If fresh tongue is used, it should be lightly salted for a few days, salt and baysalt being well rubbed into it every day for 5 or 6 days. The usual methods of cooking fresh tongues are to braise them or to boil them.

### OX TONGUE, BOILED

The fresh tongue should be trimmed and well brushed with a stiff brush. Put the tongue in a large saucepan and for a tongue weighing from 6 $\frac{1}{2}$  to 7 lbs. cover with 4 quarts water. Bring to the boil, skim and add 2 onions stuck with 2 cloves, bouquet of mixed herbs, 1 oz. baysalt (if the tongue has not been salted) and a few peppercorns. Simmer, allowing 40 minutes to the lb. Drain thoroughly, skin the tongue carefully—this should be quite easy if the tongue is sufficiently cooked—and serve in the same way as Bouilli (p. 252), and with the same sauces and garnishes. The stock in which the tongue was cooked can be used for vegetable soups.

### BRAISED TONGUE

Trim the tongue and remove most of the fat from the root. Soak in cold water for 4 or 5 hours, changing the water frequently. Then put the tongue in a large saucepan, cover with cold water, bring to the boil, skim carefully and simmer for 15 to 20 minutes.

Remove the tongue from the saucepan and put in cold water and let stand till cold. Drain, and then remove the skin. Now put in an earthenware casserole, in which it just fits, over a layer of fat slices of bacon, sliced carrots and onions and mixed herbs. Season with salt and pepper. Brown lightly on a moderate fire, then add 3 tablespoons white wine and let reduce completely. Add 3 pints stock, bring to the boil, cover with a piece of buttered paper and then with the lid, and put in a moderate oven and simmer for 3 hours. Turn the tongue several times for the first 2 hours and afterwards baste it frequently. To serve, put the tongue on a hot dish and strain some of the sauce over, serving the remainder in a sauceboat.

### OX TONGUE WITH PICKLES

Prepare and blanch the tongue as in preceding recipe. When cold, remove the skin and lard the tongue (p. 27 for Larding) with strips of larding bacon well seasoned with spices and chopped herbs. Cover the tongue with a large slice of fat bacon and braise with the usual vegetables, herbs, etc., moistening with stock. Simmer for 3 hours in the oven. When done, put on a hot dish, strain the sauce and add to it 3 or 4 sliced gherkins.

### LANGUE DE BŒUF À LA BIGARRADE

Prepare, blanch and braise the ox tongue as in preceding recipes. When done, put on a hot dish and serve with a Bigarrade sauce (p. 55) made with the strained sauce in which the tongue was cooked.

### LANGUE DE BŒUF À LA BOURGEOISE

Prepare, blanch and braise the tongue as in preceding recipes. When  $\frac{3}{4}$  cooked add the same garnish as for Beef à la Mode (p. 262) and serve in the same manner.

### LANGUE DE BŒUF À LA FLAMANDE

Braise the prepared and blanched tongue and garnish in the same manner as Boiled Beef à la Flamande (p. 253).

## Veal

### Braised and Stewed

#### BLANQUETTE OF VEAL

*Ingredients:* For 6 to 8 people—2½ lbs. of veal tendrons, leg or ribs, 1 large onion, stuck with 1 clove, 2 ozs. chopped carrots, mixed herbs, small piece of celery, little less than 1 tablespoon salt.

*For the sauce:* 1½ ozs. butter, 1 oz. flour,  $\frac{3}{4}$  pints veal stock, mush-

room peelings, the yolks 2 eggs, 6 tablespoons cream, juice 1 lemon, 1 teaspoon of chopped parsley.

*To garnish:* 8 mushrooms of the same size, about 12 pickling onions, 1 oz. butter.

*Method:* Cut the veal in 2-inch lengths and put in a saucepan with sufficient cold water to cover. Bring to the boil gradually and skim very carefully. When the scum has ceased to rise, add the sliced vegetables and the herbs. Season with salt. Bring to the boil, put the lid on the saucepan, leaving a small opening, and simmer gently for 1 hour or a little more, till the meat is tender, but still firm. Meanwhile, boil the mushrooms in a little water, and cook the pickling onions in butter, but without browning. Make the sauce by putting the butter in a saucepan and, when melted, adding the flour and working to a smooth paste. Then dilute gradually with the strained veal stock, stirring well. Bring to the boil, add the mushroom peelings, and a peppercorn. Skim carefully and add the egg *liaison* (p. 49 for *liaisons*)—made by mixing the eggs in a basin with the lemon juice, a few tablespoons of cold stock, and adding gradually a few tablespoons of the warm sauce. Add the cream and stir. Now put the pieces of veal in a clean saucepan, pour the strained sauce over them, add the mushrooms, and cook for a few minutes without boiling. Just before serving add the onions. To serve, put the pieces of veal in the centre of a hot dish, pour the sauce over them and garnish with the mushrooms and onions. Sprinkle with chopped parsley.

### BLANQUETTE OF VEAL WITH CELERY

Proceed exactly as in the foregoing recipe, but omitting the garnish of mushrooms and onions. Blanch the celery in boiling salted water, drain, cut in 3-inch lengths and add to the blanquette 45 minutes before serving.

### BLANQUETTE OF VEAL WITH CUCUMBER

Proceed as in foregoing recipe, but adding peeled and blanched cucumber in 3-inch lengths to the blanquette 30 minutes before serving.

### BLANQUETTE OF VEAL WITH CHICORY

Proceed as in foregoing recipe, but blanch the chicory for 20 minutes in boiling salted water, drain thoroughly, divide each head of chicory in half, and add to the blanquette 45 minutes before serving.

### BLANQUETTE OF VEAL, WITH NOUILLES OR SPAGHETTI

Make the blanquette as in the first recipe, with the onions and mushroom garnish. The nouilles or spaghetti should be

blanched in boiling salted water for 3 to 4 minutes, thoroughly drained and added to the blanquette 10 minutes before serving. Or it may be boiled in water for a few minutes longer, well drained, mixed with a little butter and served separately.

### BRAISED LOIN OF VEAL

Braise as indicated (p. 89, Methods of Cooking). Thicken the strained sauce with 1 oz. flour mixed with 1 oz. butter, add 1 teaspoon lemon juice and 1 tablespoon capers, and pour over the meat.

### BRAISED LOIN OF VEAL À L'ALSACIENNE

Braise the veal as indicated (p. 89, Methods of Cooking), and serve with the strained sauce poured over it. Garnish with braised sauerkraut (p. 463), and small slices of cooked ham.

### BRAISED LOIN OF VEAL À LA BERRICHONNE

Braise the veal (p. 89), strain the sauce and thicken with a little arrowroot or flour. Put on a hot dish and garnish with braised cabbage (p. 463) shaped into small balls, a few small slices of lean bacon, cooked with the cabbage, 20 pickling onions and 20 large chestnuts, both of which have been cooked with the veal.

### BRAISED LOIN OF VEAL À LA FLAMANDE

Braise the veal, strain the sauce over it, and garnish with braised cabbage (p. 463), shaped into small balls, 5 or 6 carrots and turnips, turned and boiled, a few strips of bacon, cooked with the cabbage, and a few sliced sausages.

### BRAISED LOIN OF VEAL À LA NIVERNAISE

The braised veal is garnished with 1 lb. carrots, turned to the size and shape of olives and  $\frac{1}{2}$  lb. pickling onions, both previously boiled and lightly browned in butter. Strain the sauce over the whole.

### BRAISED LOIN OF VEAL WITH SORREL

The purée of sorrel (p. 502) can either be served on the dish with the meat, the sauce being strained over the veal, or it can be served separately. A purée of spinach (p. 503) or of endive (p. 477) can also be served with braised veal.

### BRAISED LOIN OF VEAL À LA PORTUGAISE

The braised veal is garnished with small tomatoes stuffed with a Duxelles stuffing (p. 81) and a few potatoes Châteaufort (p. 495). A sauce Portugaise (p. 68) is poured over it.

**BRAISED STUFFED LOIN OF VEAL**

Bone the veal, fill with Veal Force meat (p. 79) and braise. Garnish with rolled bacon, fried crisp, and quartered lemons. Strain the sauce over the meat and serve.

**BRAISED NECK OF VEAL WITH CELERY**

Braise the veal (p. 89), put on a hot dish, with a piece of boiled bacon, and garnish the dish with braised celery (p. 471). Strain the sauce over the whole.

**STEWED BREAST OF VEAL**

Remove the bones and flatten the meat with a beater or rolling pin. Season with salt and pepper, spread a thin layer of Veal Force meat over it (p. 79), roll up and tie up firmly with string or tape. Stew as directed (p. 89, Methods of Cookery). When done, put on a hot dish, strain a little of the sauce over it, and garnish with small veal forcemeat balls, fried in butter, rolls of fried bacon and quartered lemons. Serve Gravy (p. 86) separately in a sauceboat.

**STEWED BREAST OF VEAL WITH PEAS**

Divide the meat into neat slices and stew in the same manner as in the foregoing recipe. 45 minutes before serving, add 1 pint shelled peas to the stew. To serve, put the meat in the centre of the dish over the peas, garnish with veal forcemeat balls, rolls of fried bacon and quartered lemon. Strain the sauce into a small saucepan and stir in 2 tablespoons mushroom ketchup, 2 tablespoons Tomato sauce (p. 71) and 1 tablespoon lemon juice. Bring to the boil and pour over the meat.

**STUFFED BREAST OF VEAL À LA PROVENÇALE**

Stuff the boned breast of veal with the following stuffing: Fry 2 chopped onions in fat to a golden colour, add  $\frac{1}{2}$  lb. chopped gammon,  $\frac{1}{2}$  lb. bread soaked in milk and well squeezed. Mix all thoroughly, season with salt and pepper and cook for a few minutes. Then add 2 whole eggs and 3 yolks, 1 clove chopped garlic and a little chopped parsley. Braise the stuffed breast (p. 89 for Braising, Methods of Cooking) and serve with the strained sauce poured over it.

**BREAST OF VEAL STEWED WITH RED WINE**

Divide the breast of veal in slices, and brown in fat or oil, with  $\frac{1}{2}$  lb. lean gammon, cut in dice, and 1 clove of garlic. When well browned, add 1 teaspoon flour, mix well and moisten with 1 gill stock and just over 1 gill red wine. Season with salt and pepper,

add a bouquet of mixed herbs and simmer gently for 3 hours. 10 minutes before serving, add a few chopped mushrooms and small chopped onions, previously browned in butter.

### CHOPS

Veal chops can be either grilled, sauté in butter, or coated with breadcrumbs and cooked in butter or oil. All the methods of cooking or garnishing veal cutlets are applicable to the chops.

### CÔTE DE VEAU EN BELLE-VUE

Braise a loin of veal and, when cold, trim carefully and decorate with various cooked vegetables, cut in fancy shapes. Line a mould in which the loin will fit, with aspic jelly (p. 46), place the loin in it, with the decorated side downwards, and cover with more jelly. Put in a cold place or on the ice till quite firm. To take out of the mould, dip a small knife in hot water and detach the sides of the jelly from the mould. Wrap a towel dipped in very hot water around the mould and carefully turn out the loin on a dish. Garnish with chopped aspic jelly.

### CÔTE DE VEAU EN COCOTTE

Season the loin with salt and pepper and brown in butter in an earthenware casserole or cocotte. Add a few tablespoons of stock and simmer till quite tender. Half-an-hour before serving, add 6 pickling onions, browned in butter, 3 or 4 potatoes turned to the size of olives, and 2 or 3 quartered uncooked mushrooms. Add a little more stock just before serving.

### CURRY OF VEAL

Cut  $\frac{3}{4}$  lbs. lean veal in 1 inch lengths. Slice 2 or 3 onions and fry to a golden brown in butter with 2 cloves of chopped garlic. Stir in  $\frac{1}{2}$  tablespoon curry powder, season with salt and add 1 quartered tomato, 1 or 2 tablespoons warm water and mix well, crushing the tomato with a wooden spoon to extract the juice. Put in the pieces of meat and cook till well browned. Then cover with  $\frac{1}{2}$  pint hot water and simmer gently for about 1 to 1  $\frac{1}{2}$  hours, adding more hot water if the sauce is too thick. 30 minutes before serving add 3 or 4 tomatoes, peeled and finely chopped. Serve with plain boiled rice (p. 534).

### CÔTELETTES DE VEAU À L'ÉTOUFFÉE

Melt 2 ozs. butter in an earthenware casserole and, when hot, put in the veal cutlets. Cover these with a thin layer of chopped gammon, previously blanched, chopped onion, garlic and parsley. Brown thoroughly, moisten with a little hot water and  $\frac{1}{2}$  tumbler red wine. Cover the casserole and simmer gently for 1  $\frac{1}{2}$  hours. Just before serving, add a lump of butter to the sauce.

*Stuffed veal, served with peas, new potatoes and diced new turnips*







### CÔTELETTES DE VEAU À LA LYONNAISE

Lard the veal cutlets with thin strips of larding bacon (p. 27), with strips of anchovy and strips of gherkins. Season with salt and pepper, put in a deep dish, pour a little oil over each, and sprinkle with chopped parsley, chives and shallots. Let them stand for 1 hour. Tie a piece of larding bacon around each, put them in a saucepan with the marinade, and simmer gently till they are cooked. Remove the larding bacon and pour the following sauce over them: Put 1 teaspoon each of chopped parsley, chives and shallots in a small saucepan with 1 heaped tablespoon of butter, 2 tablespoons stock, 1 tablespoon oil, and stir in 1 teaspoon flour. Stir till hot and well mixed, season with salt and pepper, remove from the fire and add the juice of 1 lemon.

### FILLET OF VEAL STEWED

Flatten the fillet with a beater or rolling pin, and spread with a layer of Veal Forcemeat (p. 79). Roll and tie securely with string or tape. Stew or braise (p. 89, Methods of Cooking). Thicken the strained sauce with a little flour and butter and the juice of 1 lemon and pour over the meat.

### FILLET OF VEAL BRAISED WITH VEGETABLES

Braise the fillet of veal, which should be wrapped in larding bacon. Put on a hot dish, strain the sauce over it and garnish with cooked carrots, small onions, and small turnips, previously boiled and lightly browned in butter.

### FILLET OF VEAL ORLOFF

Wrap the fillet in thin strips of larding bacon and braise. When done, carve into neat slices, and between each slice put a layer of Soubise sauce (p. 70). Replace the slices, so that the fillet looks whole, cover with a thin layer of Soubise sauce and finally with a layer of Mornay sauce (p. 65), and put in a quick oven for 5 to 8 minutes.

### FRICADELLES OF VEAL

Proceed in the same manner as Fricadelles of Beef (p. 274), using veal instead of beef.

### FRICANDEAU OF VEAL

Lard a piece of veal taken from the leg and not more than 1½ inches thick. Braise it till sufficiently tender to be cut with a spoon. Put on a hot dish and strain the sauce over it.

### FRICASSÉE OF VEAL

This is done in exactly the same manner as the *Blanquette of Veal* (p. 284), but the mushrooms and pickling onions are cooked in the strained sauce instead of being cooked separately.

## GRENADINS OF VEAL

The grenadin of veal is similar to an escalope of veal, but is kept thicker and is always larded (p. 27). The slice should be from 3 to 3½ inches long, and 1 inch thick. It is always braised, and served with the strained sauce, and a garnish of either mushrooms, purée of spinach, purée of sorrel, peas, asparagus tips, etc.

## GRENADINS EN BELLE-VUE

See Côtes de veau en Belle-Vue (p. 288).

## KNUCKLE OF VEAL STEWED

Separate the shank bone and braise or stew with the meat. To serve, put the veal on a hot dish with a piece of boiled bacon, cooked separately, strain a little of the sauce over it, and serve with Parsley sauce (p. 67).

## KNUCKLE OF VEAL À LA BOURGEOISE

Braise the knuckle of veal, strain the sauce over it, garnish with turned carrots and onions, boiled and then browned in butter, and strips of gammon, also lightly browned in butter.

## KNUCKLE OF VEAL À LA JARDINIÈRE

Braise the knuckle of veal, strain the sauce over it and varnish with cooked carrots and turnips cut in small rectangles, with French beans, flageolets, peas and clusters of cauliflower, all moistened with a little Hollandaise sauce (p. 62).

## NOIX DE VEAU BRAISÉE

Take a piece of the topside and lard it closely. Braise, and strain a little of the sauce over it. Serve with a Tomato sauce (p. 71) and either with braised endive, with a purée of sorrel, a purée of mushrooms, etc. (pp. 502, 486).

## OSSO BUCO (Italian)

(*Veal Stew*)

Saw 2 or 3 lbs. of knuckle of veal into 2-inch lengths—do not chop it as the marrow should remain inside the bone. Chop 3 or 4 carrots, 1 or 2 sticks of celery and put them in a saucepan with a good lump of butter. Add the meat and season highly with salt and pepper. When the vegetables and meat are well browned, add a little butter worked with 1 tablespoon of flour. Stir and cook till the flour begins to brown. Then add ½ pint of tomato pulp (p. 72), 1 glass of white wine, and sufficient stock or water barely to cover the meat. Add a sprig of thyme, parsley, 1 bayleaf, and season with salt and pepper. Simmer

for 1 to 1½ hours. Ten minutes before serving, remove the meat from the saucepan and strain the sauce, removing the herbs. Then replace both meat and sauce in a clean saucepan and, just before serving, sprinkle with a strip of finely-chopped lemon peel and a little chopped parsley.

### PAUPIETTES OF VEAL

Paupiettes consist of slices or escalopes of lean veal, neatly cut and trimmed, 2 inches wide and 4 to 4½ inches long. They are covered with a layer of forcemeat, rolled up tightly, surrounded with a rasher of fat bacon and tied with string. They are then braised, and can be served with a purée of sorrel, a purée of spinach, with French beans, with peas, or they can be placed on cooked nouilles or spaghetti, dressed with Tomato sauce (p. 71).

### PAUPIETTES OF VEAL WITH MUSHROOMS

Make a stuffing or thick sauce with chopped mushrooms, a little soaked bread and cream, season with salt and pepper and spread on the escalope of veal, roll and tie up and braise. Serve with a Mushroom sauce (p. 65).

### PAUPIETTES DE VEAU À L'ALSACIENNE

Place a piece of smoked bacon over each escalope, which should be seasoned with salt, pepper and a little chopped parsley. Roll and tie up and braise, but without browning. Strain a little of the sauce over the paupiettes.

### PAUPIETTES À LA HOLLANDAISE

A small slice of veal fat is placed on the paupiettes, which are then rolled and tied. Season with salt and pepper and lightly brown in a little butter. Then put them in a saucepan, cover with stock, place slices of lemon over them and simmer for 1 hour.

### SAUTÉ OF VEAL WITH AUBERGINES

Cut 1½ lbs. of veal tendrons (p. 297) in pieces weighing not more than 2 ozs., and brown in a little butter and oil. Strain off a little of the fat, and add 1 large onion finely chopped, and 1 clove of garlic, crushed with the blade of a knife. Brown lightly, and add 6 tablespoons of white wine. Reduce to about 1 tablespoon. Then add 1 pint of stock, ½ pint of Tomato sauce (p. 71), mixed herbs, cover and simmer in the oven for 1½ hours. Remove the meat from the saucepan or casserole, and put in a clean saucepan. Strain the sauce and boil till reduced by half and pour over the meat. To serve, put the meat on a hot dish, with the sauce, and garnish with rounds of fried aubergines (p. 455).

## SAUTÉ DE VEAU CHASSEUR

Proceed as in recipe for Sauté of Veal with Aubergines (p. 291), but reduce the sauce still further and add to it 1 gill of Chasseur sauce (p. 57). Pour over the meat and simmer for 15 minutes. Serve and sprinkle with a little chopped and blanched parsley.

## SAUTÉ DE VEAU AUX CHAMPIGNONS

Brown the pieces of veal lightly in butter and oil, and drain off the fat. Cover with 1 pint of good stock and  $\frac{1}{2}$  pint of Demi-glace sauce (p. 60), a bouquet of mixed herbs and simmer for  $1\frac{1}{2}$  hours. Remove the meat from the saucepan and put in a clean saucepan. Strain the sauce and add to it 6 tablespoons of the water in which mushrooms were boiled. Reduce to one-third and pour over the meat. Add a few mushrooms, previously boiled, then tossed in butter, and simmer for 15 minutes.

## SAUTÉ DE VEAU À L'INDIENNE

Brown the meat in oil, with 1 large chopped onion and  $\frac{1}{2}$  tablespoon of curry powder. When well browned, drain off the oil, and sprinkle with 1 oz. of flour. Stir for a few minutes and cover with veal stock. Season with salt, add a bouquet of herbs, bring to the boil and simmer for  $1\frac{1}{2}$  hours. To serve, put the pieces of veal on a hot dish and strain the sauce over them. Serve with plain boiled rice.

## SAUTÉ DE VEAU MARENGO

Proceed as in recipe for Sauté of Veal with Aubergines (p. 291), and simmer for  $1\frac{1}{2}$  hours. Remove the meat from the saucepan, and replace in another saucepan, with a few pickling onions, browned in butter, a few cooked mushrooms, and a little chopped parsley. Reduce the strained sauce by one-third, pour it over the meat and vegetables and simmer for another 15 minutes. Garnish the dish with croûtons of fried bread.

## SAUTÉ OF VEAL WITH NOUILLES

Proceed as in recipe for Sauté de Veau aux Champignons (above), but instead of mushrooms, add nouilles or spaghetti, previously blanched in boiling salted water, and cook till tender.

## SAUTÉ DE VEAU À LA PORTUGAISE

Proceed as for Veau Sauté Marengo (above), but instead of adding onions and mushrooms, add 1 lb. of chopped tomatoes and a little chopped parsley, and simmer for 15 minutes.

## STEWED SHOULDER OF VEAL

Bone the veal, flatten it, and stuff with 12 ozs. of sausage meat and 6 ozs. of Veal Force meat (p. 79) putting them in alternate

layers. Roll up and tie with tape and stew it (Methods of Cooking, p. 89). To serve, put the meat on a hot dish, strain a little of the sauce over it and garnish with rolls of fried bacon, slices of cooked tomatoes and quartered lemons. Serve the remaining sauce in a sauceboat.

### STUFATINO (Italian) (*Veal Stew*)

Cut  $1\frac{1}{2}$  to 2 lbs. of leg of veal into 2-inch lengths or in small slices. Put 4 tablespoons of oil in a saucepan or in an earthenware casserole, and, when hot, add 2 or 3 cloves of chopped garlic. Cook till lightly browned and add the meat, seasoning with salt and pepper. When the meat is browned, add  $\frac{1}{2}$  pint of tomato pulp (p. 72), 6 tablespoons of white wine and 2 sprigs of rosemary. Bring to the boil, and cover. Simmer for  $1\frac{1}{2}$  hours till the meat is very tender.

### STUFFED SHOULDER OF VEAL

Bone the shoulder of veal, season with salt and pepper, and stuff with the following mixture : One-third each of chopped beef or veal kidney, suet and bread soaked in milk and well squeezed, 2 eggs, and mixed herbs, all well seasoned with salt and pepper. Roll up, tie with tape and braise (p. 89 Methods of Cooking). Serve with a piece of boiled bacon and strain a little of the sauce over the whole.

### STUFFED SHOULDER OF VEAL À LA FRANÇAISE

Fill the boned shoulder with sausage meat mixed with chopped mushrooms and 2 eggs and braise. Serve with some kind of vegetable purée or with nouilles or spaghetti, and serve the strained sauce in a sauceboat.

### STUFFED SHOULDER OF VEAL À LA BOULANGÈRE

Stuff the shoulder in the same manner as in the foregoing recipe, and roast till three-quarters done. Then put it in an earthenware dish with the bastings, surround with sliced onions, lightly browned in butter, and with sliced potatoes. Season with salt and pepper and finish cooking in the oven.

### TENDRONS OF VEAL BRAISED

The tendrons are found at the extremity of the ribs, and before detaching them, remove the dry bone which is next to them. Then sever from the bone and cut into scallops. With a sharp knife remove the membrane which covers one side of the tendrons, and divide the meat into  $2\frac{1}{2}$  to 3-inch squares. Brown them in butter and braise. Strain a little of the sauce over them.

### FRIED TENDRONS OF VEAL

Prepare and cook as in the foregoing recipe. Remove from the saucepan and put on a dish, put another dish over them, with a light weight on it. When quite cold, coat with flour, egg and breadcrumbs and fry to a light golden colour in hot oil. Serve with either Tomato or Espagnole sauce (pp. 71, 50).

### CURRIED TENDRON OF VEAL

Prepare and partially braise the tendrons, as in the foregoing recipes, and finish cooking as in Curry of Veal (p. 288).

### TENDRONS OF VEAL MARENGO

Prepare the tendrons as in the preceding recipes and cook in the same manner as Sauté de Veau Marengo (p. 292).

### TENDRONS OF VEAL À LA PORTUGAISE

Prepare the tendrons as in the preceding recipes and cook in the same manner as Sauté de Veau à la Portugaise (p. 292).

### TENDRONS OF VEAL WITH TARRAGON

Prepare the tendrons as in the preceding recipes. Brown them in a little oil, then drain off the oil and sprinkle with a little flour. Stir and cook for a few minutes. Then add gradually 6 tablespoons of water and  $\frac{1}{2}$  pint of water. Bring to the boil, add a bouquet of mixed herbs, season with salt and pepper, cover and simmer in the oven for  $1\frac{1}{2}$  hours. To serve, put the pieces of veal on a hot dish, mix 1 tablespoon of chopped tarragon with the strained sauce, and pour over the meat. Garnish each slice with blanched tarragon leaves.

### VEAL À LA BOLIVARA

Cut a shoulder of veal into 3-inch lengths, free from fat and gristle, and brown in hot oil and butter. Then add 1 tablespoon of chopped onion and cook till brown. Cover with  $\frac{1}{2}$  pint of Tomato sauce (p. 71), 4 tablespoons of white wine, season with salt and pepper and add a bouquet of herbs. Cover and simmer in the oven for  $1\frac{1}{2}$  hours. Put the pieces of veal in another saucepan, strain the sauce over them and add 1 lb. of sliced tomatoes, sauté in oil, and  $\frac{1}{2}$  lb. of stoned olives. Simmer for a few minutes only, without boiling, and serve on a hot dish. Sprinkle with a little chopped parsley.

### VEAU AUX OLIVES

Brown 2 lbs. fillet of veal in hot fat, turning it occasionally so that it is equally browned on all sides. Remove from the saucepan and in the same fat brown 1 large chopped onion and 1 or 2

cloves of chopped garlic. Add 1 tablespoon tomato purée (p. 506), put the meat back in the saucepan, moisten with  $\frac{1}{2}$  pint water, season with salt and pepper, cover and simmer for 2 hours. 30 minutes before serving add 2 dozen stoned olives.

### VEAL WITH PAPRIKA

Chop 3 onions and brown in hot lard. Sprinkle with 1 tablespoon paprika, add 1 lb. lean veal, cut in small squares and season with salt. Add a little water and simmer till the water has evaporated. Repeat this process till the meat is quite tender.

### VEAU ÉTUVÉ AU VIN ROUGE

Cut  $1\frac{1}{2}$  lbs. breast of veal in small cubes and brown in an earthenware casserole in  $2\frac{1}{2}$  ozs. butter. Then add 2 wine glasses red wine, 2 whole cloves of garlic, 1 bayleaf, salt and pepper. Cover and simmer in the oven for 2 hours. 30 minutes before serving, mix 1 tablespoon flour with 1 wine glass red wine and mix with the sauce. Serve in the casserole.

### VITELLO TONNATO (Italian)

*(Veal with Tunny Fish and Anchovies)*

Remove all fat and gristle from 2 lbs. fillet of veal. Take 2 anchovies (in brine) wash them, cut them in half and remove the bones. Divide into 8 thin strips, and lard the fillet of veal with them and tie the meat up with string. Put sufficient water in a saucepan to cover the meat, add 1 whole onion, stuck with 2 cloves, 2 sliced carrots, 1 stick celery, 1 bayleaf and a handful coarse salt. Bring to the boil and add the veal. Simmer for  $1\frac{1}{2}$  hours, then remove the meat from the water and drain thoroughly. Carve into very thin slices and put these slices in an earthenware vessel or casserole only just sufficiently large to hold them so that they will be closely packed. Cover with the following sauce: Wash and bone 2 anchovies and pound in a mortar with 4 ozs. tunny fish (in oil). Then add oil gradually, as in the making of mayonnaise (p. 64) and finally the juice of 1 large lemon. The sauce should be somewhat liquid and there should be sufficient to cover the meat. Sprinkle with 2 tablespoons of capers and let stand in a cold place for a day or two. To serve, arrange the slices of veal on a dish, pour the sauce over them and garnish with slices of lemon.

### ROAST VEAL

See Directions for Roasting (p. 85, Methods of Cooking),

### ROAST FILLET OF VEAL LARDE

Lard the fillet of veal carefully (Larding, p. 27), and roast according to directions (p. 85, Methods of Cooking).

**FILLET OF VEAL CHASSEUR**

Lard the fillet of veal closely and roast. Serve with a Chasseur sauce (p. 57) in a sauceboat.

**FILLET OF VEAL À LA CRÈME**

Roast 3 lbs. fillet of veal and, when done, carve in neat slices. Between each slice put a layer of thick Béchamel sauce (p. 52) and arrange the fillet so that it does not appear to have been carved. Cover with Béchamel sauce to which the whites of 2 eggs, stiffly beaten, have been added. Pour 1 tablespoon melted butter over the whole and put in a quick oven to glaze. Garnish with potato croquettes (p. 493).

**ROAST VEAL WITH HERBS**

Put 2 lbs. fillet of veal on a trivet in a meat tin, season with salt and pepper, and pour 2 tablespoons melted butter over it. Then sprinkle over the meat 1 finely chopped onion mixed with 3 sprigs chopped parsley, 1 teaspoon chopped tarragon, 1 of chopped marjoram,  $\frac{1}{2}$  of sweet basil,  $\frac{1}{2}$  of fennel, 1 sprig rosemary, a pinch of allspice, and lastly, add the juice of 1 lemon. Roast the meat in the usual way. Ten minutes before serving remove the dish from the pan and place on a hot dish. Pour the sauce from the pan, mixing it with the onion and herbs with which the meat was flavoured. Put 2 tablespoons of hot water in the meat pan to detach the remaining gravy. Add the juice of  $\frac{1}{2}$  lemon. Mix 1 well-beaten egg with 1 heaped tablespoon fine white bread-crumbs, spread this over the meat, then pour the gravy over the whole and put in a brisk oven for 5 to 8 minutes.

**ROAST FILLET OF VEAL WITH PEAS**

Roast the fillet of veal and lay it on a layer of green peas, previously boiled, well drained and cooked for 5 minutes in a Béchamel sauce (p. 52).

**ROAST FILLET OF VEAL WITH PAPRIKA**

Lard the fillet (p. 27 for Larding), season with salt and 1 tablespoon paprika, and roast, putting the meat on sliced onions and basting frequently with butter. When done, place on a hot dish, garnish with clusters of cooked cauliflower, coated with Béchamel sauce (p. 52) to which a little paprika has been added and a little chopped ham, and serve with plain boiled potatoes.

**ROAST FILLET OF VEAL WITH MUSHROOMS**

Roast the fillet of veal, put on a hot dish, strain a little of its gravy over it, garnish the dish with mushrooms sautés in butter, sprinkle these with a little parsley and serve with a Madeira sauce (p. 63).



**ROAST FILLET OF MARINATED VEAL**

Lard 2 lbs. fillet of veal, put in an earthenware vessel, with a marinade of equal parts white wine and water, 1 tablespoon vinegar, sliced onions, carrots, mixed herbs, 2 bayleaves, handful coarse salt and 12 peppercorns. Let stand for 24 hours in a cool place, turning the meat frequently. Wipe it quite dry and roast. Serve with a Piquante sauce (p. 67).

**ROAST LOIN OF VEAL**

Bone the loin, stuff with Veal Force meat (p. 79), tie up and roast. Serve with rolls of fried bacon and garnish with lemon. Serve with the sauce in a sauceboat.

**ROAST LOIN OF VEAL WITH TOMATOES AND MUSHROOMS**

Roast the loin of veal and garnish the dish with cooked sliced tomatoes and cooked mushrooms. Serve with a Chasseur sauce (p. 57).

**ROAST LOIN OF VEAL WITH KIDNEYS**

Roast the loin of veal and garnish the dish with 2 veal kidneys, thinly sliced and cooked in butter. Serve with Tomato sauce in a sauceboat (p. 71).

**ROAST SHOULDER OF VEAL**

Stuff the shoulder of veal in the same manner as in any of the recipes given for Stewed Shoulder of Veal (p. 292) and roast it. Serve with the gravy from the pan.

**VEAL WITH BEER (German)**

Lard a loin of veal (p. 27 for Larding), season with salt and pepper, and put it in the meat tin on sliced onions and carrots, baste with butter, and cook for 30 minutes till evenly done on all sides. Then pour 1 glass of beer over the meat, add 1 bayleaf and 2 cloves, and cook till the meat is tender, basting frequently. When done, put the meat on a hot dish, strain the sauce, thicken with 1 tablespoon of flour and pour over the meat.

**VEAL À LA DAME BLANCHE**

Roast either a fillet or loin of veal and when cold have ready the following sauce: Put 2 tablespoons of vinegar in a saucepan with 2 cloves, a blade of mace, 1 bayleaf, 1 tablespoon chopped gammon, and a few peppercorns. Cook for 10 minutes, then add  $\frac{3}{4}$  pints Béchamel sauce (p. 52) and reduce till rather thick. Add 1 gill of aspic jelly (p. 46) and stir. Remove from the

fire and, when cool, add 6 tablespoons of whipped cream. Coat the meat with this and put on ice or stand in a cold place till the sauce is firm.

### Veal, Sauté and Grilled

#### VEAL CUTLETS SAUTÉS

The cutlets should be slightly flattened with a beater, well seasoned with salt and a little pepper, dipped in flour, coated with beaten yolk of egg, then with breadcrumbs, and sauté or fried in hot butter. They should be put in very hot butter, cooked till lightly browned on one side, then turned, for the other side to brown lightly. The heat should then be lessened, for the outside of the cutlets will be over-browned before the inside is sufficiently cooked, if the heat is too fierce. When done, drain, and serve with Tomato or Piquante sauce (pp. 71, 67). The cutlets can also be merely coated with flour, and cooked in the same manner.

#### VEAL CUTLETS BOUCHÈRE

This consists of an untrimmed veal cutlet or chop, the fat and meat not being removed from the bone. Season with salt and pepper, coat with oil, and grill the cutlets. They can be served with various garnishes (p. 705) or with a pat of one of the compound butters—Fines Herbes, Maître d'Hôtel, Paprika, etc. (pp. 75, 76).

#### VEAL CUTLETS AUX FINES HERBES

Season the cutlets and cook in butter (Sautés, Methods of Cooking, p. 87). When done, put on a hot dish, add 3 or 4 tablespoons white wine to the butter in the pan, mix well, and add to a Fines Herbes Butter (p. 75). Pour the sauce around the cutlets and serve very hot.

#### VEAL CUTLETS À LA GENDARME

Put 6 small veal cutlets in a deep dish with 6 tablespoons white wine, the juice 1 lemon, 2 tablespoons oil, 1 small sliced onion, a few sprigs of thyme, and season with salt and pepper. Let stand for 2 hours, turning the cutlets occasionally. Remove from the marinade, and wipe carefully. Then dip in flour, egg and breadcrumbs, and cook in butter in a sauté pan. Put on a hot dish when done and pour the following sauce over them: Put 1 small chopped onion and 2 chopped shallots in a small saucepan, with just over 1 gill white wine. Bring to the boil and reduce by half. Then add 1 gill hot stock, and 1½ ozs. butter worked with the same quantity of flour, and 1 chopped

clove of garlic. Stir and simmer for a few minutes. Remove from the fire and add a small pat of butter, chopped parsley and tarragon, and a little pepper.

### VEAL CUTLETS À LA MILANAISE (Italian)

The genuine *Costolatta alla Milanese* is very simple to prepare and cook, and in Milan the sole garnish consists of crisp fried potatoes and slices of lemon. But the restaurant version of the dish has a garnish à la Milanaise, consisting of macaroni, mushrooms, tongue and ham, truffles, and tomato sauce.

The cutlet should be trimmed, but the meat should never be removed from the bone. Flatten the cutlets with a beater, as they should be very thin. Dip in flour, coat with beaten yolk of egg, to which salt and pepper have been added, coat evenly with fine white breadcrumbs and cook in butter in a sauté pan to a rich golden colour. Drain and serve.

### VEAL CUTLETS À LA NAPOLITAINE

The cutlets are sautés in butter. Remove from the pan, and coat each side of the cutlet with very thick Béchamel sauce (p. 52), to which the yolks of 2 eggs and grated Parmesan cheese have been added. Then dip in flour, yolk of egg, coat with breadcrumbs, and cook in butter to a golden colour. Put on a hot dish and garnish with spaghetti, boiled, drained, and mixed with butter, and a few sliced tomatoes. Serve with a Tomato sauce (p. 71) and grated Parmesan cheese.

### VEAL CUTLETS À LA NORMANDE

Season the cutlets with salt and pepper, and cook in butter to a light golden colour. Put on a hot dish and cover with the following sauce: Add 2 tablespoons cream to the butter in which they were cooked, stir well, and add a squeeze of lemon juice.

### VEAL CUTLETS WITH NOUILLES OR SPAGHETTI

Put some cooked nouilles or spaghetti mixed with Tomato sauce (p. 71) on a hot dish, sprinkle freely with Parmesan cheese, and place the cutlets, cooked in butter, over them.

### VEAL CUTLETS EN PAPILOTES

Trim the veal cutlets and saw the bone, so as to leave only about 1 inch protruding from the cutlet. Cook the cutlets in butter in a sauté pan till well browned on both sides, seasoning with salt and pepper. Remove from the saucepan and drain. On each cutlet spread a little of the following mixture: Chop a small onion and 2 shallots, and cook in hot butter and oil, but without browning. When a golden colour, add finely chopped

mushrooms and cook for about 10 minutes, mixing well and seasoning with salt and pepper. Cut a sheet of plain foolscap paper in the shape of a large heart, the centre of the heart being where the sheet is folded. Cut this out neatly, then open, and paint all over with oil. Lay a slice of lean ham on one side of the paper, spread a little of the mushroom mixture over it, and over this place the cutlet, the fleshy part of the cutlet towards the upper part of the heart, and the bone pointing downwards. Cover with a thin slice of cooked ham. Fold the other side of the paper over the cutlet, and now fold the edges over, crinkling them, so that the case thus formed will not come undone. Put the cutlets, thus packed, on a baking tin, and place in a hot oven for a few minutes only; till the paper begins to brown. Serve at once, on a hot dish, in the paper cases.

### VEAL CUTLETS WITH PIQUANTE SAUCE

Lard the cutlets with thin strips of anchovy, thin strips of gherkins and larding bacon. Cook in butter in a sauté pan, and serve with a Piquante sauce (p. 67).

### VEAL CUTLETS À LA PROVENÇALE

Rub the cutlets over with garlic, and cook in oil in a sauté pan. When they are lightly browned, add 3 chopped onions, 1 glass white wine, a sprig of parsley and 1 of rosemary. Season with salt and pepper and simmer very gently till the onions are almost like a purée. Add a little stock, if too thick, and place on a hot dish. Dip the cutlets in white of egg, coat with bread-crumbs, and put in a quick oven to brown.

### VEAL CUTLETS VERT-PRÉ

Grill the veal cutlets and on each put a pat of Maitre d'Hôtel Butter (p. 75), and garnish the dish with Straw Potatoes (p. 500), and bunches of watercress.

### VEAL CUTLETS À LA VICHY

Cook the cutlets in butter in a sauté pan, and garnish the dish with Carrots à la Vichy (p. 467). Pour the butter in which they were cooked around them.

### ESCALOPES OF VEAL

Veal escalopes are usually slices or small steaks cut from the fillet of veal, or the leg. They should not be more than  $\frac{1}{2}$  inch thick, and their weight should not be more than  $3\frac{1}{2}$  ozs. When trimmed, they should weigh 3 ozs. or a little less. They are trimmed of all fat and gristle, flattened and shaped into ovals. They are nearly always breadcrumbed and cooked over a quick

fire in butter. The sauces or garnishes are practically always served separately, except in the case of a garnish consisting of purées or green vegetables.

### ESCALOPES OF VEAL À L'ANGLAISE

Season the escalopes with salt and pepper, dip in flour, coat with yolk of egg and fine white breadcrumbs, and cook to a light golden colour in butter in a sauté pan over a quick fire. Drain, put on a hot dish and garnish with slices of grilled ham. Pour a little Brown Butter (p. 55) over the whole.

### ESCALOPES OF VEAL WITH ASPARAGUS

Season the escalopes with salt and pepper, dip in flour, coat with yolk of egg and fine white breadcrumbs, and cook to a light golden colour in butter in a sauté pan over a quick fire. Drain, put on a hot dish, garnish with cooked asparagus tips, and pour the butter in which they were cooked over the whole.

### ESCALOPES OF VEAL WITH BROWN BUTTER

Prepare and cook the escalopes as in foregoing recipe. Pour Brown Butter over them (p. 55). Garnish with croûtons of fried bread (p. 25).

### ESCALOPES OF VEAL WITH CREAM

Prepare and cook the escalopes as in the foregoing recipe. Put on a hot dish, mix in 2 tablespoons of cream to the butter in which they were cooked, add a little lemon juice and pour over the escalopes.

### ESCALOPES OF VEAL À L'INDIENNE

Prepare and cook the escalopes in the same manner as Escalopes of Veal à l'anglaise (above), but mixing a little curry powder with the breadcrumbs. When done, put on a hot dish and pour the following sauce over them: Mix 1 heaped teaspoon curry powder and 1 of flour, and work into a smooth paste over a slow fire with 1 tablespoon butter. Add gradually 1 gill or a little more of hot stock, season with salt and pepper, stir well and just before serving add a little lemon juice.

### ESCALOPES OF VEAL WITH MUSHROOM SAUCE

Prepare and cook the escalopes as in recipe for Escalopes à l'anglaise (above). Serve with a Mushroom sauce (p. 65).

### ESCALOPES OF VEAL WITH PAPRIKA

Season the escalopes with salt and sprinkle freely with paprika. Cook in butter in a sauté pan. Place on a hot dish, stir in 2 or 3 tablespoons of cream with the butter in which they were cooked and pour over the escalopes.

### ESCALOPES OF VEAL WITH PEAS

Prepare and cook the escalopes of veal as in recipe for Escalopes of Veal à l'anglaise (p. 301) and garnish the dish with cooked green peas mixed with melted butter.

### ESCALOPES OF VEAL WITH MARSALA

Season the escalopes with salt and pepper and dip in flour. Cook in butter in a sauté pan to a light golden colour. Put on a hot dish. Drain away most of the butter from the pan, add  $\frac{1}{2}$  glass Madeira, a tablespoon gravy, and a small lump of butter. Mix all well and pour over the escalopes. Serve with a potato purée.

### ESCALOPES OF VEAL WITH POTATO PURÉE

Put the Potato Purée (p. 498) in the centre of a hot dish and around the dish place the veal escalopes, prepared and cooked à l'anglaise (p. 301).

### ESCALOPES OF VEAL WITH PURÉE OF SORREL

The same as foregoing recipe, but with purée of sorrel (p. 502).

### ESCALOPES OF VEAL WITH PURÉE OF SPINACH

The same as foregoing recipe, but with purée of spinach (p. 502).

### WIENER SCHNITZEL (Austrian)

(*Veal Cutlets à la Viennoise*)

Dip very thin slices of veal (usually cut from the fillet) in flour, then in beaten yolk of egg which has been seasoned with salt and pepper, and finally in fine white breadcrumbs. Cook in hot butter for a few minutes only, as the slices of veal are very thin. When a golden colour on both sides, put on a hot dish and serve at once.

This dish can also be garnished as follows: Put a thin slice of lemon on each escalope, over this put a stoned olive, surrounded with a fillet of anchovy. Garnish the dish with capers, finely chopped yolks and whites of hard-boiled eggs, placed alternately on the dish. Pour a little Brown Butter over the whole (p. 55).

### Sundries

### ARROSTINI ANNEGATI

(*Loin of Veal à l'Italienne*)

Cut 6 veal chops with the kidney attached. Skewer so that they will keep together. Put 2 ozs. butter in a frying pan with a sprig of rosemary. Add the chops, well seasoned and coated with flour. Cover the pan with a dish and allow to cook very slowly, turning and basting the chops frequently. When nearly done, add a glass of good white wine—sweet Orvieto is the most usual—and

simmer for a few minutes. Remove the chops, add a little butter to the sauce, stir well and pour over the chops. Serve with either a Potato-Puree (p. 498), Spinach à l'Italienne (p. 503), French beans or peas.

### VEAL CROQUETTES (Beef Croquettes, p. 271)

#### VEAL CUTLETS À LA MARMOTTE

Lard a few thick veal cutlets with larding bacon and fillets of anchovy (p. 27). Put them in an earthenware casserole with 4 or 5 whole onions, a few sprigs of parsley, basil, chives, 1 bayleaf, 2 cloves, a few coriander seeds, and 2 tablespoons brandy. Season with salt and pepper, cover and simmer till quite tender. Serve in the casserole.

#### OILIVETTE DI VITELLO (Italian) (*Veal Olives*)

Cut neat slices, all of the same size, from a fillet of cold veal, and lay on each slice a mixture of pounded boned anchovies (in oil) and capers. Roll up, wrap in a paste made with flour and beaten egg, or in puff pastry, and fry in oil to a golden colour.

#### PAIN DE VEAU

To make a medium-sized veal loaf take  $2\frac{1}{2}$  lbs. lean veal, free from all fat and gristle,  $3\frac{1}{2}$  ozs. lean uncooked ham,  $\frac{1}{2}$  lb. sausage meat, 6 ozs. fat bacon, 1 tablespoon parsley, 1 chopped shallot, salt and pepper. Put the veal, etc., in alternate layers in a mould or in an earthenware terrine or jar, sprinkling each layer with the parsley and chopped shallot and seasoning with salt and pepper. Cover closely and put in a saucepan of boiling water and cook in a slow oven for 3 hours, adding more water as it evaporates. When done, drain off the gravy and add aspic to the liquid (p. 46), with which the loaf is eventually coated. When quite cold, coat completely with the half liquified aspic, and put in a cold place till the jelly is firm.

#### POTTED VEAL

Put 1 lb. finely chopped lean veal in a jar with  $\frac{1}{2}$  lb. finely chopped ham and 2 tablespoons water. Cover with buttered paper and stand in a saucepan of boiling water. Simmer for 3 hours in the oven, replacing the water as it evaporates. Remove the meat from the jar, pound in a mortar, adding gradually the juice from the meat, a little oiled butter, and a seasoning of mace, cayenne, salt and peppercorns. Rub the whole through a sieve and press into small pots. Cover with clarified butter (p. 24).

## VEAL AND HAM PIE

Cut  $1\frac{1}{2}$  lbs. lean veal, free from fat and gristle, into neat slices, and cut  $\frac{1}{4}$  lb. of cooked ham in similar-pieces. Put a layer of veal in a pie dish, cover with a layer of ham, and over the ham put sliced hardboiled eggs. Continue till the dish is filled, seasoning each layer with salt, pepper, chopped parsley and mixed herbs. Add 1 gill veal stock, cover with a lid of pastry and decorate with paste leaves. Leave an opening in the centre for the steam to escape, brush over with yolk of egg and bake in a moderate oven for about  $1\frac{1}{2}$  hours.

## VEAL LOAF

Chop 1 lb. cold roast veal finely and mix with  $\frac{1}{2}$  lb. sausage meat, 1 tablespoon breadcrumbs, season with salt and pepper and add 1 egg to bind. Moisten with a little stock and shape into a thick roll or loaf, sprinkle with flour and coat with egg and breadcrumbs. Bake in a moderate oven for 1 hour, basting frequently with hot butter. It can be eaten either hot or cold.

## VEAL OLIVES

Cut  $1\frac{1}{2}$  lbs. fillet of veal into thin slices about 4 inches long and 3 inches wide. Cut an equal number of slightly smaller slices of bacon. Lay a slice of bacon on each slice of veal, coat with a thin layer of Veal Force meat (p. 79), roll and tie with string. Cook in hot butter till lightly brown, then add a little thickened stock. Cover closely and simmer for  $1\frac{1}{2}$  hours. When done, remove the string, and serve on a purée of potatoes (p. 498). Strain the sauce over the whole.

## VEAL PUDDING

Cut  $1\frac{1}{2}$  lbs. lean veal into small squares and cut  $\frac{1}{4}$  lb. uncooked ham or pickled pork into thin strips. Line a well-greased basin with suet-paste, put in the meat, alternately with the ham or pork, and season with salt and pepper. Fill the basin  $\frac{3}{4}$  full with boiling water, put on a thin lid of paste, cover with buttered paper and steam for 3 hours. Serve with gravy (p. 86).

## VEAL COLLOPS MINCED

Proceed in the same manner as for Collops (Beef, p. 274).

## WHITE COLLOPS

Cut 1 lb. fillet of veal in small slices, put them in a saucepan with a little butter and simmer, without browning, for 15 minutes. Sprinkle with a little flour and cook for 10 minutes. Then cover with veal stock. Put the lid on the saucepan and simmer for 1 hour, till the meat is tender. 10 minutes before serving, season with salt, pepper, mace and a little lemon juice. Put the collops



on a dish, strain the sauce (which should be thickened if too thin) over them and garnish the dish with rolls of fried bacon and cooked mushrooms.

### CALF'S BRAIN

For preparation and blanching or poaching see Beef Section (p. 276). All the recipes given for beef brain are applicable to calves' brain. The following, however, are specially suited to the latter.

### CALF'S BRAIN WITH BLACK BUTTER

See Beef Brain with Black Butter (p. 276).

### CALF'S BRAIN CROQUETTES

Prepare and poach the calf's brain as in recipe for Beef Brain (p. 276), and when cold, proceed as in Ox Palate Croquettes (p. 280).

### CALF'S BRAIN WITH MACARONI

Dress the cooked calf's brain on a dish of macaroni, mixed with butter and grated Parmesan cheese. Serve with a Tomato sauce (p. 71).

### CALF'S BRAIN MARÉCHAL

Divide the cooked brain into neat pieces, season with salt and pepper, dip in flour, coat with yolk of egg and white bread-crumbs, and cook in clarified butter (p. 24) in a sauté pan. When done, put on a hot dish, cover each piece of brain with a sliced truffle, and garnish with asparagus tips mixed with melted butter.

### CALF'S BRAIN WITH PARSLEY SAUCE

Prepare and poach the brains as in preceding recipes and cook, without boiling, in a Parsley sauce (p. 67) for 10 minutes, adding a squeeze of lemon juice.

### CERVELLE DE VEAU EN MEURETTE

Prepare and poach the brains as in preceding recipes. Then drain and braise, adding 1 lump of sugar, and using red wine. Simmer for 1 hour. Serve the brain on croûtons of fried bread. Strain the sauce into a small saucepan, whisk in a large pat of butter, divided in small pieces, and 1 yolk of egg, and pour over the garnished croûtons.

### CERVELLE EN FRITOT

Divide the brain into neat pieces, put in a deep dish, sprinkle with chopped parsley, lemon juice and oil, season with salt and

pepper and let stand for 30 minutes. Dip in flour, coat with yolk of egg and white breadcrumbs, and fry in deep fat. Drain and serve with a Tomato sauce (p. 71).

### CERVELLE À LA MAÎTRE D'HÔTEL

Prepare and cook the calf's brain as in preceding recipe, and serve with Maître d'Hôtel Butter (p. 75).

### CERVELLE DE VEAU À LA POULETTE

See Beef Brain with Poulette sauce (p. 277).

### CALF'S FEET

Wash the calf's feet thoroughly, split them, put in a saucepan and cover with cold water. Bring to the boil gradually, and boil for exactly 2 minutes. Remove from the saucepan and plunge at once into a large basin of cold water. Scrape any unclean parts and remove any hairs. Bone the upper part, remove the shank bone and they are then ready to be cooked *au blanc* (p. 80) or braised. This preliminary blanching is essential, however the calf's feet are to be cooked eventually.

### CALF'S FEET, FRIED

Prepare, blanch and cook the calf's feet *au blanc* (p. 80). Having boned them, divide each halved foot in 4 pieces. Put in a deep dish, sprinkle with chopped parsley, salt, pepper, lemon juice and oil. Let stand for 1 hour. Then dip in flour, coat with yolk of egg and breadcrumbs, and fry in deep fat. Drain and serve with either a Tomato or a Béarnaise sauce (pp. 71, 54).

### CALF'S FEET FRIED IN BATTER

Prepare, cook and marinate the calf's feet as in preceding recipe. Drain, and dip each piece in frying batter (p. 83) and fry in deep fat. Drain and serve with a Tomato sauce (p. 71).

### CALF'S FEET, GRILLED

Divide the prepared, blanched and cooked calf's feet in half, brush over with a little mustard, season with salt, dip in melted butter, coat with white breadcrumbs, and grill over a slow fire. Serve with a Devilled sauce, or a Tomato or Béarnaise sauce (pp. 60, 71, 54).

### CALF'S FEET WITH PIQUANTE SAUCE

Prepare, blanch, and cook the calf's feet as directed (above). Bone them and divide each half into 4 pieces. Cook in a Piquante sauce (p. 67) for 10 minutes, without boiling.

**CALF'S FEET WITH POULETTE SAUCE**

The same as preceding recipe, but with Poulette sauce (p. 68). Sprinkle with a little chopped parsley when done.

**CALF'S FEET À LA TARTARE**

The calf's feet can be either grilled or fried (p. 306) and served with a Tartare sauce (p. 71).

**CALF'S FEET WITH TOMATO SAUCE**

Proceed as in recipe for Calf's Feet with Piquante sauce, but using Tomato sauce (p. 71).

**CALF'S FEET VINAIGRETTE**

Prepare, blanch and cook the calf's feet *au blanc* (p. 80). Bone and divide each half in 4 pieces. Put on a hot dish on a folded napkin, and garnish with parsley. Serve with a Vinaigrette sauce (p. 513).

**CALF'S HEAD**

However the calf's head is to be served or dressed, it should always be prepared and cooked beforehand in the following manner: The head should be boned and soaked in cold water for 12 hours or more, and the water frequently changed. It is even advisable to put the basin or utensil in which the head is being soaked under the cold water tap, and let this run in a steady trickle, so that the water is continually renewed.

Now put the head in a large saucepan and cover with cold water, bring to the boil gradually, skim, and boil for 5 to 6 minutes. Remove from the saucepan, and at once plunge it into cold water. Clean it thoroughly with a brush, removing any scum that may have clung to it. The calf's head is now cooked in the following *blanc* (p. 80, for Making a Blanc): For  $\frac{1}{2}$  calf's head allow  $2\frac{1}{2}$  quarts water,  $1\frac{1}{2}$  ozs. flour, 1 onion stuck with 2 cloves, bouquet of mixed herbs, 4 tablespoons vinegar, just under 1 oz. salt and 6 peppercorns. Carve the calf's head carefully, removing first the ear and dividing the cheek in 3 pieces, and rub over with a piece of lemon. Bring the *blanc* to the boil and put in the pieces of calf's head. Add  $2\frac{1}{2}$  ozs. kidney fat, finely chopped, cover, and simmer for  $1\frac{1}{2}$  hours. When done, remove the saucepan from the fire but keep the pieces of calf's head in the liquid till required. Contact with the air is apt to darken them.

**CALF'S HEAD WITH BOILED BACON**

Prepare and cook the calf's head as in preceding recipe but without boning it. Serve with boiled bacon and Parsley sauce (p. 67).

**CALF'S HEAD, COLLARED**

Prepare and blanch the calf's head as in preceding recipes. When blanched, bone the head, but do not carve it. Cook it in a *blanc*, as directed. When done, spread it on a table and season with salt and pepper. Sprinkle with a little nutmeg and mace, cover with 1 lb. uncooked lean ham, cut in strips and with slices of hardboiled eggs, sprinkled with a little chopped parsley. Roll up tightly, wrap and tie in a pudding cloth, and put in boiling stock. Simmer for 2 hours. Remove from the stock and when cool, tighten the cloth and press between 2 boards or dishes till cold.

**CALF'S HEAD, FRIED**

Divide the prepared and cooked calf's head into 2-inch slices, and put in a deep dish with a little oil, lemon juice, salt, pepper, and chopped parsley. Let stand 1 hour. Then wipe the pieces of calf's head, dip in frying batter (p. 83) and fry in deep fat. Drain, put on a hot dish, garnish with parsley and serve with a Tomato or Madeira sauce (pp. 71, 63).

**CALF'S HEAD AU NATUREL**

Prepare and cook the calf's head and, when done, put the carved pieces on a hot dish with slices of hot boiled tongue. Serve with a cold sauce—a Vinaigrette (p. 513)—to which chopped capers, onion and parsley have been added.

**CALF'S HEAD À LA POULETTE**

Carve the cooked calf's head while still hot into small slices and cook in a Poulette sauce (p. 68) for 10 minutes. Sprinkle with a little chopped parsley.

**CALF'S HEAD À LA RAVIGOTE**

Proceed as in the foregoing recipe, but with Ravigote sauce (p. 69):

**CALF'S HEAD WITH PIQUANTE SAUCE**

Carve the cooked calf's head in small slices, put these in a buttered fireproof dish, coat with beaten yolk of egg, sprinkle with breadcrumbs, moisten with melted butter and put in a quick oven to brown. Serve with a Piquante sauce (p. 67).

**CALF'S HEAD WITH TOMATO SAUCE**

Carve the cooked calf's head, and put on a hot dish, with slices of boiled tongue and cooked calf's brain (p. 305). Serve with a Tomato sauce (p. 71).

**CALF'S HEAD EN TORTUE**

Cut the prepared and cooked calf's head in 4-inch rounds. Garnish with small veal quenelles (p. 78), mushrooms, gherkins turned to the size of small nuts, small slices of tongue and of calf's brain, fried eggs, shelled crayfish, sliced truffles and croûtons of fried bread. Serve with Demi-glacé or Espagnole sauce (pp. 60, 50) flavoured with a sprig of sweet basil, sage and rosemary and a little Madeira.

**CALF'S HEAD À LA VINAIGRETTE**

Slice the prepared and cooked calf's head, and when almost cold, serve with a Vinaigrette dressing (p. 513) to which chopped shallots and capers have been added.

**CALF'S HEART**

See Bullock's heart (p. 277).

**CALF'S KIDNEY**

If the calf's kidney is to be sauté in butter (p. 87 for sauté), the fat and skin should be removed and the kidney sliced, but not too thinly, as it is apt to harden in cooking. When the kidney is to be grilled, it should be split lengthwise and skewered to keep it open. A little of the fat is left on.

**CALF'S KIDNEY BERCY**

Slice and season the kidney and cook in butter in a sauté pan. When nearly done, remove the kidney from the pan, add 1 teaspoon of chopped shallots, mix 6 tablespoons white wine to the butter in which the kidneys were cooked, reduce by half, add 2 teaspoons of meat glaze, and a little lemon juice. Replace the kidney in the sauce, warm up, remove the pan from the fire and stir in quickly 1½ ozs. butter divided in small pieces. Put on a hot dish and sprinkle with a little parsley.

**CALF'S KIDNEY BONNE-FEMME**

Cook the kidney in butter in a sauté pan, seasoning with salt and pepper. When done, put on a dish, garnish with ¼ lb. diced bacon, 12 small diced mushrooms and a few diced potatoes, all cooked in butter till lightly browned. Sprinkle with chopped parsley.

**CALF'S KIDNEY À LA BORDELAISE**

Cook the sliced calf's kidney in a sauté pan in butter, and when done add 1 gill Bordelaise sauce (p. 55), and ¼ lb. shredded cèpes or mushrooms, previously cooked in butter. Mix thoroughly, sprinkle with parsley and put on a hot dish.

**CALF'S KIDNEY EN CASSEROLE**

Leave the kidney whole with a little of the fat. Put in an earthenware casserole, with just over 1 oz. butter for  $\frac{1}{2}$  kidney, seasoning with salt and pepper. Cover, and put in a moderate oven and cook for 25 to 30 minutes, turning the kidney frequently. Just before serving, add 1 tablespoon veal stock and serve in the casserole.

**CALF'S KIDNEYS EN COCOTE**

Put 1  $\frac{1}{2}$  ozs. butter in an earthenware cocote or casserole, and when very hot add 2 calf's kidneys. Season with salt and pepper and brown lightly on a brisk fire. Turn frequently and cook for about 12 to 15 minutes. Remove the kidneys from the cocote and stir in 6 tablespoons white wine. Put the kidneys on a very hot plate and slice them. Remove the cocote from the fire and rapidly stir into the sauce 1 small teaspoon mustard, 1 oz. butter divided in small pieces, and a little chopped parsley. Pour over the kidneys and serve at once.

**CALF'S KIDNEY, CURRIED**

Slice the kidney and cook in butter in a sauté pan. Add 1 gill Curry sauce (p. 59), and cook for a few minutes, mixing thoroughly. Serve with plain boiled rice (p. 534).

**CALF'S KIDNEY, GRILLED**

Split the kidney lengthwise, leaving a little of the fat, and hold it open by putting in a skewer. Season with salt and pepper, brush over with oil and grill. To serve, put on a hot dish and on the kidney put a very small pat of Maître d' Hôtel Butter (p. 75).

**CALF'S KIDNEY WITH MUSHROOMS**

Slice the kidney and cook in butter in a sauté pan, seasoning with salt and pepper. Add 1 gill of Madeira sauce (p. 63), and mix well, adding a few quartered mushrooms, previously cooked in butter and oil. Cook for 5 minutes and serve.

**CALF'S KIDNEY WITH MADEIRA SAUCE**

The same as preceding recipe, but without the mushrooms.

**CALF'S KIDNEY WITH WHITE WINE**

The same as preceding recipe. Sprinkle the sliced kidney with a little flour when nearly done, brown and add 6 tablespoons white wine and cook for a few minutes longer, till the sauce is slightly reduced.

**CALF'S LIVER AND BACON**

Slice the calf's liver, season with salt and pepper, dip in flour, and cook in butter. Put on a hot dish alternately with slices of

bacon, either grilled or cooked in a little butter. Pour over the whole a little of the butter in which the liver was cooked.

### CALF'S LIVER BERCY

Slice the calf's liver, season with salt and pepper, dip in melted butter and grill. Put on a hot dish and cover with a little Bercy sauce (p. 54, Bercy sauce (2) ).

### CALF'S LIVER À LA BORDELAISE

Lard the liver (p. 27), put in a deep dish and moisten with oil and white wine. Cover with sliced onions, bouquet of herbs, sprinkle with salt and add a few peppercorns. Let stand for 1 hour. Dry and brown lightly in a little butter. Put in an earthenware casserole with chopped onions, shallots and mushrooms, previously browned in butter. Add a little Bordelaise sauce (p. 55), to which a little tomato pulp has been added—the sauce should not cover the liver. Put the lid on the casserole and simmer in the oven for 1½ to 2 hours. When done, garnish with cooked mushrooms.

### CALF'S LIVER À LA FLAMANDE

Lard and braise the liver and, 1 hour before serving, remove the liver from the saucepan, put on a plate and strain the sauce. Replace the liver in the saucepan, pour the strained sauce over it, and add small onions and carrots.

### CALF'S LIVER, BRAISED

Lard and marinate the liver as in Calf's Liver à la Bordelaise (above). Wipe it dry, surround with rashers of fat bacon, put it in a saucepan in a little hot butter, and cook for 5 minutes on a brisk fire. Then simmer for 15 to 20 minutes, turning occasionally. Remove the liver from the saucepan, add a little flour to the butter and stir till lightly browned. Then add just over ½ pint hot stock and the marinade—including the sliced onions and herbs—and 1 tablespoon thick tomato purée. Bring to the boil and add the liver. Cover closely, put in the oven and simmer for 2 hours. To serve, put the liver on a hot dish, carve it, and strain the sauce over it.

### CALF'S LIVER EN BROCHETTE

Slice the liver in 1-inch lengths and ½-inch thick. Season with salt and pepper and cook in hot butter for not more than 2 or 3 minutes. Put the liver on skewers alternately with small slices of bacon and small slices of mushrooms, both cooked for a few minutes in butter. Coat the whole with thick Duxelles sauce (p. 60) and, when quite cold, dip in flour, coat with yolk of egg and breadcrumbs and grill on a slow fire. Serve with either a Duxelles sauce or with Maître d'Hôtel Butter (p. 75).

**CALF'S LIVER À L'ESPAGNOLE**

Slice the liver, season it, dip in oil and grill. Put on a hot dish, over each piece place half a grilled tomato and surround with crisp fried onions (p. 488) and fried parsley.

**CALF'S LIVER AUX FINES HERBES**

Slice the liver, season and cook in butter in a sauté pan. Serve with a Fines Herbes Butter (p. 75).

**CALF'S LIVER, FRIED**

Slice the calf's liver, season with salt and pepper, dip in flour, coat with yolk of egg and white breadcrumbs and fry in deep fat. Drain and serve on a hot dish on a folded napkin and garnish with fried parsley.

**CALF'S LIVER QUENELLES**

Chop the cooked calf's liver very finely and mix with thick Béchamel sauce (p. 52). When quite cold, shape into small round quenelles or balls, coat with flour, and poach in a stock for 10 minutes. Drain and serve with a Mushroom sauce (p. 65).

**CALF'S LIVER WITH RISOTTO**

Cut the calf's liver in large dice, season with salt and pepper and cook in butter in a sauté pan. Mix with risotto (p. 535) and cover the whole with Mornay sauce (p. 65).

**CALF'S LIVER SOUFFLÉ**

Pound 1 lb. calf's liver, freshly cooked, in a mortar with 2½ ozs. of butter. Add ½ pint thick Béchamel sauce (p. 52) and rub the whole through a sieve. Then add 3 yolks of egg, 3 tablespoons cream, and finally the whites of 3 eggs, beaten to a stiff froth. Place in a buttered soufflé dish and put in a hot oven till the soufflé has risen slightly, then reduce the heat and bake for 25 to 30 minutes, till lightly coloured.

**FOIE DE VEAU À LA FLAMANDE**

Put the liver in a saucepan of boiling salted water and poach till tender, allowing 15 minutes to the lb. When done, put in a terrine of cold water. When quite cold, drain, put on a dish and cut in thin slices. Serve with a Ravigote sauce (p. 69).

**FOIE DE VEAU AUX RAISINS**

Soak a handful of raisins in water till soft. Slice the liver, season with salt and pepper and cook in butter in a sauté pan. Place on a hot dish, add a few tablespoons Espagnole sauce (p. 50) to the butter, mix well, add the drained raisins and pour the whole over the slices of liver.



### PAIN DE FOIE DE VEAU

See Pain de Veau (p. 303). The Calf's Liver Loaf, however, is eaten hot, as soon as turned out of the mould, with a little Espagnole or other sauce (p. 50).

### CALVES' SWEETBREADS

In whatever manner the sweetbreads are to be cooked ultimately, it should be prepared and blanched in the following manner: Soak the sweetbreads in cold water for at least 4 hours, renewing the water every time it becomes tinted with blood. If this is not done, the inside of the sweetbreads will always remain pink, even after cooking, and they should always be quite white and free from all traces of blood before being cooked. Put the sweetbreads in a saucepan and cover well with cold water. Bring gradually to the boil and boil for exactly 2 minutes. The object of this blanching is to make the sweetbreads quite firm and easy to handle. Drain, plunge them into cold water and trim, being careful however, not to pierce the thin membrane which holds the sweetbreads together. Lay the sweetbreads on a cloth, fold the cloth over them and cover with a board or a dish and put a 2 lb. weight over them. Let stand for 1 hour. They are then ready for use.

### CALVES' SWEETBREADS, BRAISED

Lard the prepared sweetbreads with larding bacon, leaving a space of  $\frac{1}{2}$  inch between each strip. Line a saucepan with slices of fat bacon, cover with a layer of sliced onions and carrots, add a bouquet of herbs and the sweetbreads with the larded side uppermost. Simmer for 10 minutes without browning. Then add 1 gill white wine and reduce. Add 1 gill stock and reduce almost completely. Now cover with  $\frac{3}{4}$  pints stock, cover with a piece of buttered paper, then with the lid, and simmer in a moderate oven for 35 minutes. Remove the sweetbreads from the saucepan very carefully so as not to break them. Place them on a dish, strain the sauce and pour a little over them. Put the dish in the oven and leave the sweetbreads in for 10 minutes, basting constantly so as to glaze them. They are then ready for use.

### CALVES' SWEETBREADS, BRAISED À BLANC

Sweetbreads cooked in this manner are poached, rather than braised and are kept white, or merely slightly tinted and not browned. Proceed as in foregoing recipe, but do not lard the sweetbreads. Instead, wrap in a piece of fat bacon. Put them in a saucepan with the same ingredients, add the white wine immediately and reduce till it has evaporated, being careful not to brown the ingredients. Then cover with white stock, and simmer in a

moderate oven for 45 minutes, but without browning. Glaze the sweetbreads as in preceding recipe. They are then ready for use.

### SWEETBREADS WITH ASPARAGUS

Cook the sweetbreads as in preceding recipe and serve with asparagus tips. Pour melted butter over the whole and season with salt and pepper.

### SWEETBREADS IN CASES

Braise the sweetbreads à blanc (p. 313), cut into thin slices, and put in buttered paper cases. Add 1 or 2 small sliced mushrooms and cover with Mushroom sauce (p. 65).

### SWEETBREAD CROQUETTES

Chop the sweetbreads, poach in a *blanc* (p. 80), mix with chopped cooked mushrooms, moisten with thick Béchamel sauce (p. 52) and when cold shape into cork-shaped croquettes. Dip in flour and fry in deep fat (p. 27). Serve with Béchamel sauce.

### SWEETBREADS À LA FINANCIÈRE

The larded sweetbreads are braised and served with a garnish of small quenelles (p. 27), Cocks' combs (p. 388), sliced truffles, small mushrooms and stoned olives. Serve with a Madeira sauce (p. 63) to which a finely chopped truffle has been added.

### SWEETBREADS, FRIED

Poach the prepared sweetbreads à blanc (p. 313), drain, cut in thin slices, coat with flour, yolk of egg and breadcrumbs, seasoning with salt and pepper and fry in deep fat. Drain and serve on a folded napkin on a hot dish and garnish with parsley.

### SWEETBREADS AU GRATIN

Put a layer of Duxelles sauce (p. 60) in a fireproof dish, and over it place the sliced braised sweetbreads. Add a few cooked mushrooms, cover with more Duxelles sauce, sprinkle with breadcrumbs, moisten with a little melted butter and put in a brisk oven to brown. Before serving, add a little lemon juice and sprinkle with a teaspoon of chopped parsley.

### SWEETBREADS, GRILLED

Prepare and blanch the sweetbreads and stand for 1 hour with a weight over them. Season with salt and pepper, brush over with melted butter and grill slowly. Serve with Maître d'Hôtel Butter (p. 75).

**RIS DE VEAU À LA MARÉCHAL**

Braise the sweetbreads and, when glazed, put on a hot dish and surround with a Cream sauce (p. 59). Pour over them a little of the strained sauce in which the sweetbreads were braised.

**SWEETBREADS À LA MILANAISE**

Braise the sweetbreads. Put Spaghetti à la Milanaise (p. 530) in the centre of a hot dish, and around it place the sweetbreads. Serve with Tomato sauce. (p. 71).

**SWEETBREADS EN PAPILOTES**

Braise the sweetbreads and proceed as in recipe for Veal Cutlet en Papillotes (p. 299).

**SWEETBREADS WITH PEAS**

Braise the sweetbreads, put on a hot dish, garnish with peas, moistened with melted butter, and pour a little of the strained and reduced stock from the braising over the sweetbreads.

**SWEETBREADS RACHEL**

Put the braised sweetbreads on a hot dish and garnish with the cooked bottoms of small artichokes, a little thick Bordelaise sauce (p. 55) and a slice of poached beef marrow (p. 279). Serve with the strained and reduced sauce from the braising.

**SWEETBREADS WITH SORREL**

Fry the prepared sweetbreads (p. 313) place in the centre of a hot dish and surround with a purée of sorrel (p. 502).

**CALF'S TONGUE**

Prepare and blanch the calf's tongue in the same manner as Ox Tongue (p. 283). Calf's tongue can be either boiled or braised in the same manner as Ox Tongue (p. 283).

**CALF'S TONGUE WITH CHASSEUR SAUCE**

Braise the calf's tongue (p. 89) and 30 minutes before serving add a few small mushrooms. Serve with a Chasseur sauce (p. 57).

**CALF'S TONGUE WITH CHESTNUT PURÉE**

Braise the calf's tongue, serve with a Chestnut purée (p. 473) and strain over the meat a little of the sauce in which the tongue was braised.

**CALF'S TONGUE, GRILLED**

Braise the tongue and when  $\frac{3}{4}$  done, open it on the convex side, but without completely separating the two halves. Skewer it, so that it will remain open. Season with salt, brush over

with a little mustard and melted butter and grill over or under a slow fire. Serve with either a Devilled or a Robert sauce (pp. 60, 70.)

### CALF'S TONGUE À LA MILANAISE

Braise the calf's tongue. When done, place in the centre of a hot dish, strain a little of the sauce over it and surround with spaghetti mixed with Tomato sauce (p. 71), grated Parmesan cheese, and with strips of lean ham, mushrooms and truffles, previously cooked in butter.

### CALF'S TONGUE EN PAPILOTES

Braise the calf's tongue and, when done, cut in 3 slices lengthwise. Proceed as in Veal Cutlets en Papillotes (p. 299), laying the 3 slices of tongue together in each papillote.

### CALF'S TONGUE WITH PIQUANTE SAUCE

Boil the calf's tongue in the same manner as Ox Tongue (p. 283), and serve with a Piquante sauce (p. 67).

### CALF'S TONGUE WITH POTATO PURÉE

Braise the tongue, strain a little of the sauce over it and serve with Potato purée (p. 498).

### CALF'S TONGUES À LA PORTUGAISE

Braise the calf's tongue and serve with a garnish of small stuffed tomatoes and Potatoes Château (p. 495). Serve with a Portuguese sauce (p. 68).

### CALF'S TONGUE WITH SOUBISE SAUCE

Boil the calf's tongue, drain and cook for 5 to 8 minutes in a Soubise sauce (p. 70).

### CALF'S TONGUE WITH TOMATO SAUCE

Proceed as in the foregoing recipe, but using Tomato sauce (p. 71).

Mutton and Lamb

Boiled

### BOILED LEG OF MUTTON

See p. 86 for observations on boiling of meat. Put the leg of mutton in a saucepan of hot water or stock, just sufficient to cover, bring to the boil and skim carefully. Then add—for a 6 to 7 lb. leg of mutton—1 large carrot cut in half lengthwise, 1 large onion, halved and stuck with 2 cloves, 1 turnip and 1 leek, 1 tablespoon salt, 12 peppercorns, 2 bayleaves and a sprig of parsley, thyme and marjoram. Cover the saucepan, leaving an opening for the steam to escape, and simmer gently, allowing 25 minutes to the lb. Turn the meat occasionally, but do not

use a fork, as the skin should not be pierced. When done, drain, put on a hot dish, and garnish with onions and carrots, or other vegetables, cooked separately. The vegetables used in the cooking of the mutton will be overdone and should not be sent to table. They can be used for making purées, etc. Serve with Caper sauce (p. 56).

### BOILED KNUCKLE OF LAMB

Proceed as in the foregoing recipe, allowing 20 minutes to the lb. Serve with Soubise sauce (p. 70).

### BOILED LEG OF MUTTON WITH GOOSEBERRY OR APRICOT JELLY (Arab)

Boil the leg of mutton as directed in Boiled Leg of Mutton (p. 316) and when done, drain, put on a hot dish and cover with either Gooseberry or Apricot jelly (p. 679).

### BREAST OF MUTTON STUFFED AND BOILED

Stuff the breast of mutton with a stuffing made with the finely chopped heart, chopped gammon, bread soaked in milk and well squeezed, 1 egg, mixed herbs and a seasoning of salt and pepper. Sew up the breast carefully, and boil in the same manner as Boiled Leg of Mutton (p. 316).

### GIGOT À L'EAU (French)

Make a dozen or so incisions in the leg of mutton and in each put a peeled clove of garlic. Put in a saucepan with sufficient hot water to cover, season with 1 tablespoon salt, and 12 peppercorns. Bring to the boil and simmer for 4 hours. Remove from the water, drain, and brown the leg of mutton in butter or fat, turning so that it is equally browned on all sides. Place on a hot dish. Put a little hot water in the pan in which the meat was browned, scraping the sediment with a spoon and mixing with the water, then add a lump of butter and a little vinegar and pour the whole over the meat.

### GIGOT WITH TURNIP PURRY (Scotch)

The Scots still retain the French word *gigot*—leg of mutton or lamb—in their culinary vocabulary, and the word “purry” also came from the French word *purée*. Proceed in the same manner as for Boiled Leg of Mutton (p. 316), and when done serve with a Turnip purée (p. 508) and Caper sauce (p. 56).

### LEG OF MUTTON WITH OYSTERS

Bone the leg of mutton and stuff with the following mixture: Blanch 1 dozen oysters in their own liquor and strain the latter. Chop the oysters coarsely and mix with 1 tablespoon of bread-

crumbs, 2 hard-boiled yolks of egg, 1 finely chopped shallot, a little parsley, season with salt and pepper and moisten with a little of the oyster liquor. Press into the cavity from which the bone was removed and bind with string. Boil in the same manner as indicated on p. 316 (Boiled Leg of Mutton) and serve with Oyster sauce (p. 66).

### MUTTON HAM

See directions for salting or curing meat on p. 80. It is boiled in the ordinary way.

### SALTED BREAST OF LAMB (Norwegian)

For 3½ lbs. of meat: Rub the breasts of lamb with 3 table-spoons salt, 1 teaspoon saltpetre, and 1 tablespoon brown sugar. Stand for 4 to 5 days, turning every day. Boil in the ordinary way and serve with mixed vegetables.

### SPICED LEG OR SHOULDER OF MUTTON

Mix 8 ozs. common salt with 1 oz. bay salt, ¾ oz. saltpetre, 4 ozs. brown sugar, 1 teaspoon pepper, 1 tablespoon finely chopped shallot or onion, ½ teaspoon allspice and the same of powdered cloves. Mix all these ingredients thoroughly, and rub into the meat, which should be boned. Repeat daily for 15 days. Rinse the meat in warm water before cooking, and boil in the same manner as Boiled Leg of Mutton (p. 316). When done, press between two dishes until cold and glaze (p. 29).

### Braised and Stewed

#### BREAST OF LAMB SAINTE-MENEHOULD

Line an earthenware casserole with rashers of fat bacon, and over these put the breast of lamb. Cover with gammon, cut in small dice, with 2 sliced carrots, 4 chopped onions, and add 2 bayleaves, a little thyme, 1 gill of stock, and season with salt and pepper. Cover with a sheet of buttered paper, put the lid over this and simmer in a moderate oven for 3 hours. When done, bone the breast, season with salt and pepper, egg and breadcrumb it, and brown on a buttered dish in the oven. Serve with thin gravy.

#### BREAST OF LAMB STUFFED AND BRAISED

Bone the breast of lamb, flatten, cover with a layer of Veal Forcemeat (p. 79), roll up tightly and tie. Braise for 2 hours in the oven (p. 89 Methods of Cookery). When done, put on a hot dish, and garnish with French beans, previously boiled, drained and mixed with melted butter, and serve with either an Espagnole sauce or gravy (pp. 50, 86) in a sauceboat.

### COLLARED BREAST OF MUTTON

Bone a breast of mutton and stuff with the following mixture: 2 tablespoons breadcrumbs, 1 tablespoon finely chopped capers, 1 teaspoon chopped parsley,  $\frac{1}{2}$  teaspoon powdered mixed herbs, a pinch of nutmeg, salt, pepper and 1 egg. Braise for  $2\frac{1}{2}$  hours (p. 89, Methods of Cooking), and when done, put the meat in an earthenware casserole, strain the stock over it, add  $\frac{1}{2}$  its quantity in vinegar and 1 tablespoon salt. The meat should be completely covered. Let stand for 5 or 6 days. If kept longer, the marinade should be boiled every day, and the meat put back in it when cold.

### POITRINE DE MOUTON EN CARBONNADE

Bone the breast of mutton and divide the meat into small oval shapes. Proceed as in the recipe for Breast of Lamb Sainte-Menehould (p. 318). When done, put on a hot dish and cover with either cooked endive or spinach or sorrel, or with a purée of onions or Tomato sauce (p. 71).

### CASSOULET DE MOUTON

Bone a leg of mutton and stuff with a mixture of chopped pickled pork, seasoned with garlic and parsley. Sew it up, tie with string and braise (p. 89). When nearly done, place on a large oval deep fireproof dish. Strain the sauce and mix with haricot beans, prepared as follows: Soak 1 lb. haricot beans in cold water for 12 hours. The next day, put them in a large saucepan, cover with cold salted water, bring to the boil and simmer till they begin to get tender. Add 3 cloves of garlic,  $\frac{3}{4}$  lbs. of sliced fat bacon, cook for an hour and then add some large pork sausages. When done, drain thoroughly. Brown 1 large chopped onion lightly in fat, add 2 tablespoons tomato purée (p. 506), 1 glass white wine, a few tablespoons of stock and then the haricot beans, seasoning highly with salt and pepper and 2 or 3 cloves of garlic. Mix all well and put half of the haricot beans in the fireproof dish, and over them place the mutton, cover with more haricot beans, garnish with the sliced sausages and sliced bacon, sprinkle with parsley and breadcrumbs and brown in the oven.

### CIVET DE MOUTON

Lean pieces of mutton from the leg or the loin are used for this dish. Divide into pieces and put in an earthenware casserole or terrine with 1 or 2 sliced onions, a seasoning of salt and pepper, and moisten with a few tablespoons oil and brandy. Let stand for 3 hours. Brown  $\frac{1}{4}$  lb. bacon or gammon, cut in dice, in  $1\frac{1}{2}$  ozs. butter and the same quantity of pork fat, and when browned remove from the saucepan or casserole. In the same fat brown 2

medium-sized onions, cut into quarters. When done, remove from the pan and put in the pieces of mutton which should have been well dried in a cloth. As soon as they begin to brown, sprinkle with flour, mix well and when the flour is also brown, cover the pieces with red wine and add 1 clove of garlic. Stir, bring to the boil and simmer very gently for 2 to 2½ hours. When cooked put the pieces of mutton in a clean casserole with the diced gammon, 20 button mushrooms, cooked in butter and 20 pickling onions, browned in butter. Strain the sauce over the whole, cook for a few minutes and garnish with croûtons of fried bread.

### CURRIED LAMB

See recipe for Curried Beef (p. 274).

### HARICOT OF MUTTON

Trim the cutlets from 2 lbs. neck of mutton, and brown thoroughly in a little butter or fat. When done, remove from the saucepan and brown 2 sliced onions in the same fat. Sprinkle with a little flour, mix thoroughly and put the meat back in the saucepan. Cover with ½ pint boiling water, bring to the boil, skim carefully and then add 2 sliced carrots, 2 small turnips, sprig of thyme, parsley, bayleaf and season with salt and pepper. Simmer for 1½ to 2 hours till the cutlets are tender. To serve, place the meat in the centre of a hot dish, garnish with the vegetables and strain the sauce over the whole.

### HARICOT DE MOUTON (French)

Brown in lard ½ lb. gammon, cut in large dice, and 20 pickling onions. Remove from the saucepan and brown the trimmed cutlets in the same fat, adding 3 cloves of garlic, crushed with the blade of a knife, and sprinkling with 1½ ozs. flour. Drain off some of the fat and cover the meat with hot water. Add a bouquet of mixed herbs, season with salt and pepper, bring to the boil and simmer for 1 hour. Put the meat in another saucepan with the gammon, the onions, ½ pint haricot beans, previously soaked for 12 hours, and boiled in salted water till almost tender. Strain the sauce over the whole, cover and simmer slowly in the oven till the beans are quite tender. This is usually served in small terrines.

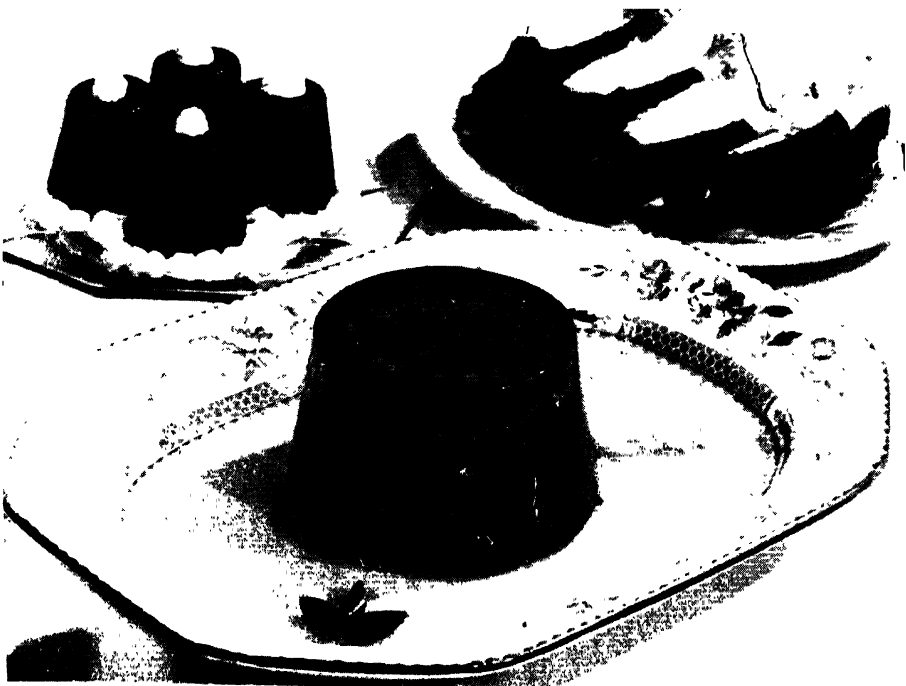
### HOT-POT (Lancashire)

Divide 2 lbs. of the best end neck of mutton into cutlets, neatly trim off the skin and fat. Brown in a little butter or oil, ping and place in a deep fireproof dish, seasoning with salt and pepper and a pinch of sugar. Slice 3 sheep's kidneys and lay them over the meat. Add a few mushrooms, 18 or 20 oysters in layers,





ABOVE: *Fried sweetbreads, served with grilled tomatoes and*



ABOVE: *Lamb cutlets, served cold with vegetables in aspic, decorated with cream*

and finally 2 lbs. thickly sliced potatoes, neatly arranged and completely covering the whole. Pour  $\frac{3}{4}$  pint stock over this, cover with a lid or with paper and bake in a moderate oven for 2 hours. About 15 minutes before serving, remove the lid or the paper, so that the potatoes can brown. Serve in the dish in which it was cooked.

### IRISH STEW

Divide 4 lbs. neck of mutton into 8 or 10 trimmed chops, paring off all excess of fat and rough bone (a most necessary precaution), and seasoning highly with pepper and moderately with salt. Place the chops in a deep dish, with sufficient water to cover, add 8 good-sized onions, put the lid on and set the whole on the fire to stew gently for 30 minutes. The stew must then be removed from the fire, the liquor poured into a basin and, after being freed from all fat (this is essential), is poured back on the chops. Add a dozen peeled potatoes, and a pint of good stock or gravy—or a like quantity of water. Boil gently for 45 minutes. To serve, put the potatoes in the centre of a hot dish, arrange the cutlets neatly around them, and pour the sauce and the onions over the whole. It should be served very hot.

### BRAISED LEG OF MUTTON

Bone the leg of mutton and braise (p. 89, Methods of Cooking), very slowly, allowing 40 minutes to the lb. To serve, put on a hot dish, strain the sauce into a small saucepan, bring to the boil, skim, and reduce to  $\frac{1}{2}$  pint. Pour over the meat and put in a quick oven for a few minutes to glaze. Serve with it a purée of potatoes, haricot beans or cauliflower, etc.

### GIGOT À LA BORDELAISE

Bone the leg of mutton, lard it (p. 27 for Larding) with somewhat thick strips of uncooked ham, and fill the cavity from which the bone was removed with a stuffing composed of Veal Fricadelles (p. 289). Sew up the opening, brown the meat in hot fat and braise (p. 89) allowing from 40 to 45 minutes to the lb. When the mutton is three-quarters cooked, add  $1\frac{1}{2}$  lbs. gammon, previously blanched, 2 lbs. carrots and 1 lb. turnips, quartered. Surround with the gammon, cut in rectangular shapes. When fully cooked serve with a Tomato sauce (p. 71) to which a little of the reduced sauce from the braising has been added.

### GIGOT BRAISÉ À LA LYONNAISE

Brown lightly the leg of lamb in butter, then add sufficient hot water to just cover the meat, season with salt, bring to the boil and oil rapidly till all the water has evaporated. Add a large lump of butter, 2 or 3 tablespoons Tomato sauce (p. 71), moisten with

a little hot water, cover closely and simmer for 5 to 6 hours. To serve, put on a hot dish and pour the sauce over it. It is usually garnished with some kind of vegetable—the bottom of artichokes, French beans, peas, etc.

### GIGOT DE MOUTON À LA PROVENÇALE

Bone the leg of mutton and fill the cavity with a stuffing of chopped pickled pork, bread soaked in milk and well squeezed, a clove of garlic, bouquet of mixed herbs, salt, pepper and 1 whole egg. Sew up the opening and braise the meat. (p. 89). When the meat is well browned, add a glass white wine and 1 gill stock. Simmer, allowing 40 minutes to the lb. To serve, put on a hot dish and garnish with sliced aubergines, a few sliced onions, both cooked in oil (p. 87), 4 chopped tomatoes, 2 chopped cloves of garlic, cooked in oil with a little thyme and fennel. Strain a little of the sauce over the whole.

### GIGOT SOUBISE

Braise the leg of mutton (p. 89 for Methods of Cooking), and when  $\frac{3}{4}$  done, put it in another saucepan with  $1\frac{1}{2}$  lbs. shredded blanched onions and  $\frac{3}{4}$  lbs. of rice. Strain the sauce from the braising pan over the whole, cover and simmer gently till the rice and onions are cooked. When ready, put the meat on a hot dish, rub the onions and rice through a sieve, add a little butter, and serve this purée separately.

### LE NAVARIN

*(French Mutton Stew)*

Use 2 lbs. mutton taken from the boned shoulder, the breast and the middle neck. Divide into pieces weighing from 2 to  $2\frac{1}{2}$  ozs. each, and brown in 2 ozs. lard. Season with salt, pepper and a good pinch of sugar, which helps to give a good colour to the sauce. Cook on a brisk fire, turning the pieces of meat frequently, and brown thoroughly. Pour away most of the lard and sprinkle the meat with flour and cook till brown. Now add  $1\frac{1}{2}$  quarts of hot water, bring to the boil, skim, season with salt and peppercorns, add 1 clove of garlic, peeled and well crushed with a knife, and simmer very gently for 1 hour. Remove the pieces of mutton from the saucepan and put in a clean saucepan. Skim the sauce carefully, and strain over the meat. Bring to the boil, add 12 pickling onions, previously browned in butter, and 15 minutes later add 2 lbs. small peeled potatoes. Cover and simmer for 45 minutes. A few minutes before serving, remove the saucepan from the fire and skim any grease that may rise to the surface. To serve, put the mutton in the middle of a hot dish, surround with the vegetables and pour the sauce over them.

**LE NAVARIN PRINTANIER**

Proceed exactly as in the foregoing recipe, but add new carrots, turnips, peas and French beans.

**LE RAGOÛT DE MOUTON**

Proceed as in the making of Navarin, but omitting all the vegetables. Half-an-hour before the ragoût is to be served, add  $\frac{1}{2}$  lb. Carolina rice. Cook till the rice has absorbed nearly all the sauce.

**RAGOÛT DE MOUTON AU RIZ ET AUX  
CHAMPIGNONS**

Proceed as in the foregoing recipe, adding a few mushrooms at the same time as the rice.

**BRAISED SADDLE OF MUTTON À LA BOURGEOISE**

Braise the saddle of mutton as indicated (p. 89, Methods of Cooking) and garnish with carrots turned to the size of large beans, with onions browned in butter, and with strips of blanched larding bacon. Strain the sauce over the whole.

**BRAISED SADDLE OF MUTTON À LA DAUPHINE**

Braise the mutton and when done put on a hot dish, garnish with croquettes of potatoes Dauphine (p. 494), and strain the sauce over the meat.

**BRAISED SADDLE OF MUTTON À LA MILANAISE**

Braise the mutton, put on a hot dish and surround with cooked spaghetti, mixed with Tomato sauce (p. 71), butter, and grated Parmesan cheese.

**BRAISED SADDLE OF MUTTON À LA PORTUGAISE**

Braise the mutton, put on a hot dish and garnish with small stuffed tomatoes (p. 505) and potatoes Château (p. 495). Serve with a Portuguese sauce (p. 68).

**BRAISED SADDLE OF MUTTON À LA PROVENÇALE**

Braise the mutton, and garnish with small cooked tomatoes and stuffed mushrooms (p. 487) and serve with a Provençal sauce (p. 69, Sauce No. 1).

**SAUTÉ D'AGNEAU CHASSEUR**

Cut 2 lbs. of either breast, shoulder or neck of lamb in pieces weighing  $1\frac{1}{2}$  to 2 ozs. each. Season with salt and pepper and cook in oil and butter till well browned and tender. Put them on a dish. Pour all the oil and butter from the saucepan, and put in 3 tablespoons white wine. Reduce a little over a quick fire, put the

pieces of lamb back in the saucepan and add some Chasseur sauce (p. 57), not quite enough to cover the meat. Simmer for 5 minutes, put on a hot dish and sprinkle with chopped parsley.

### SAUTÉ D'AGNEAU PRINTANIER

Cut the meat as in the foregoing recipe, and brown lightly in butter with 1 chopped onion. Add 2 tablespoons tomato purée (p. 506), reduce, and add sufficient stock to barely cover the meat, 1 glass white wine, a bouquet mixed herbs, and 1 clove garlic. Bring to the boil and skim. 30 minutes later, put the pieces of lamb in a clean saucepan and strain the sauce over them, adding 2 dozen small carrots and turnips, previously blanched. Simmer till the vegetables are done. 10 minutes before serving add a handful of cooked peas and French beans.

### BRAISED SHOULDER OF MUTTON WITH TURNIPS

Bone the shoulder and stuff it with pork sausage meat (p. 79). Braise it and when  $\frac{3}{4}$  done, put in a clean saucepan and surround with  $2\frac{1}{2}$  lbs. small turnips, previously tossed in butter with a pinch of sugar and with 20 small onions browned in butter. Strain the sauce over it and simmer till the meat is quite tender.

### ÉPAULE DE MOUTON OU D'AGNEAU À L'AIL

Bone the shoulder and stuff it with pork sausage meat (p. 79). With a sharp knife, make several incisions on both sides of the shoulder, and in each put a clove of garlic. Braise, put on a hot dish and strain the sauce over the meat.

### SHOULDER OF MUTTON À LA SAINTE-MENEHOULD

Proceed as in Breast of Lamb à la St.-Menehould (p. 318).

### SHOULDER OF MUTTON WITH RICE

Braise the shoulder of mutton and when  $\frac{3}{4}$  done, put in another saucepan, add  $\frac{1}{2}$  lb. blanched rice, and strain the sauce over it. Simmer till the rice has absorbed nearly all the sauce.

### STUFFED SHOULDER OF MUTTON BONNE-FEMME

Bone the shoulder of mutton and stuff with pork sausage forcemeat (p. 79). Put on a meat tin in the oven, and cook till half done, basting frequently with butter. Then put it in an earthenware fireproof dish, with  $\frac{1}{2}$  pint haricot beans, previously cooked till nearly done,  $3\frac{1}{2}$  ozs. chopped carrots, cooked with the beans, the same of chopped onions, sautés in butter, and  $\frac{1}{2}$  clove of crushed garlic. Season with salt and pepper, moisten with the butter used for basting the meat, and simmer in the oven till done.

## TADJIN AHMAR

*(Turkish stew)*

Cut 2-inch length pieces from either the breast or neck of mutton and brown, in a little fat or butter, in an earthenware casserole. Add 1 finely chopped onion and, when lightly browned, sprinkle with a little flour and stir till it browns. Now add sufficient hot water to cover the meat, bring to the boil, season with salt, cover the casserole and simmer. After a few minutes, add a good pinch of saffron, either pounded in a mortar or moistened with a little boiling water, and a small stick of cinnamon. Simmer for 2 hours. Now add a good handful of prunes, previously soaked for 12 hours, and simmer for 1 hour longer. The Arabs usually flavour the stew with orange flower water and add sugar to make it distinctly sweet. Serve in the casserole in which it was cooked.

## TURKISH DOLMAS

Make a forcemeat with finely chopped uncooked mutton, kidney fat, soaked bread or uncooked rice and season highly with salt, pepper and spices. Wrap a teaspoon of the mixture in either a blanched vine leaf, fig or cabbage leaf and braise with either a little stock or Tomato purée (p. 506).

## Roast Mutton and Lamb

## BONED AND STUFFED SHOULDER OF MUTTON OR LAMB

Bone the leg of mutton or lamb, fill the cavity with highly seasoned Veal Forcemeat (p. 79), and roast according to directions (p. 85, Methods of Cookery). Baste frequently and serve with the gravy made by mixing a few spoonfuls of hot water with the sediment in the meat tin.

## BONED AND STUFFED LOIN OF MUTTON OR LAMB

Bone the meat and trim off any superfluous fat. Stuff as in preceding recipe, sew up and roast. Serve with gravy, and Veal Forcemeat balls (p. 79).

## FOREQUARTER OF LAMB

Much care is necessary in the roasting of lamb (p. 85, Methods of Cookery), and constant basting is required. Lamb should be well done, and unless the temperature of the oven is well regulated, and the meat constantly basted, the thinner pieces are apt to get dry and hard. The forequarter should be basted at least every 10 minutes. Serve with Mint sauce (p. 65).

## GIGOT À L'AIL

*(Leg of lamb with garlic)*

Dredge the meat with salt, and insert 1 or 2 peeled cloves of garlic under the skin, near the bone. Roast and baste frequently with a little butter. Serve with the gravy from the meat and the diluted sediment from the meat tin.

## GIGOT AU GENIÈVRE

*(Leg of lamb with juniper berries)*

Bone the leg of lamb and lard (p. 27 for larding) closely with juniper berries, being careful to insert them somewhat deeply. Wrap in a damp cloth and let stand in a cool place for 4 or 5 days. Roast, basting frequently with a little butter and salted water to which a few juniper berries have been added. Serve with the strained bastings from the meat pan.

## GIGOT À LA CATALANE

Bone a leg of mutton or lamb, brown in pork fat, season highly with salt and pepper, and add 15 cloves of garlic, 1 shredded pimiento, sprinkle with a little flour, moisten with hot stock or water, 6 tablespoons white wine, and 1 tablespoon Tomato purée or pulp (p. 72). Simmer in a slow oven, basting frequently.

## GIGOT DE MOUTON EN CHEVREUIL

*(Mutton in imitation of Venison)*

Lard the leg of mutton with larding bacon (p. 27 for larding). Place in an earthenware utensil and cover with the marinade (p. 82 for marinade for mutton). Let stand for 4 days in cold weather and 2 days in hot weather, turning frequently. When about to roast, remove from the marinade and wipe quite dry, removing all pieces of vegetables or herbs which might remain on the meat. Roast and baste with a little oil. Serve with a Chevreuil sauce (p. 58).

## GIGOT D'AGNEAU SOUS CROÛTE

*(Leg of lamb in a crust)*

Brown the leg of lamb lightly in the oven. Then spread over with a layer of sausage meat mixed with 2 ozs. of finely chopped fat bacon and 1 truffle, all rubbed through a sieve. Wrap the leg in a piece of caul, place it on a sheet of pastry made with flour, lard and water, and completely surround the leg of lamb with the paste, leaving a slight opening for the steam to escape. Bake in a moderate oven for 1½ hours. Remove from the oven, pour 6 tablespoons of Espagnole sauce (p. 50) through the opening and serve in the crust, which should be removed only when the meat is about to be carved.



## HINDQUARTER OF LAMB

See Forequarter of Lamb (p. 325).

## HUNTER'S MUTTON

Bone a leg of mutton and score closely. Mix 8 ozs. common salt with 4 ozs. bay-salt,  $1\frac{1}{2}$  ozs. brown sugar, 1 oz. saltpetre, 1 teaspoon allspice,  $\frac{1}{2}$  teaspoon ground cloves, and  $\frac{1}{2}$  grated nutmeg. Rub the meat over with this, and let stand in a cool place for 15 days, rubbing the pickling ingredients into the meat every day. When ready, rinse in hot water, dry thoroughly, put in a baking tin, cover with a few strips of fat bacon and roast. When done, put between two dishes, placing a weight on the upper one, and stand till cold.

## ROAST LEG OF LAMB

See Roast Forequarter of Lamb (p. 325). Allow 20 to 25 minutes to the lb. and 20 minutes over. Serve with Mint sauce (p. 65).

## ROAST LEG OF MUTTON

See Roast Forequarter of Lamb (p. 325). Allow the same time as in preceding recipe. Serve with red currant jelly.

## ROAST LOIN OF MUTTON OR LAMB

Same as Roast Leg of Lamb or Mutton.

## ROAST NECK OF MUTTON

Same as foregoing recipes.

## ROAST SADDLE OF MUTTON .

Same as foregoing recipes.

ROAST SADDLE OF MUTTON OR LAMB WITH  
GARNISHES

Roast saddle of mutton or lamb can be served with the same garnishes as Braised saddle of mutton (p. 323).

## SADDLE OF LAMB À LA BÉARNAISE

Season the saddle of lamb with salt, brush over with melted butter and roast, basting frequently with butter. Serve with a Béarnaise sauce (p. 54) to which 2 or 3 tablespoons of the bastings have been added, and garnish with new potatoes lightly browned in butter.

## SADDLE OF LAMB À LA BASQUAISE

Cook the lamb as in preceding recipe, and serve with the strained bastings, to which 2 chopped mint leaves have been

added. Garnish with new potatoes browned in butter, and grilled almonds.

### SHOULDER OF MUTTON À LA BASQUAÏSE

Make a stuffing with 2 chopped shallots, 4 cloves of garlic, parsley and bread soaked in milk, and cook in a little fat till lightly browned, seasoning with salt and pepper. Bind with 1 egg, and stuff the boned shoulder with the mixture. Roast, basting frequently with lard. Serve with blanched pimientos, added to the gravy about 10 minutes before serving.

### SHOULDER OF MUTTON STUFFED

Bone the shoulder and stuff with Veal Force meat (p. 79). Roast, basting frequently and serve with gravy (p. 86).

### Sauté and Grilled

#### BREAST OF LAMB WITH CAPER SAUCE

Braise the breast of lamb (Braising, p. 89, Methods of Cooking) and when done, bone it and let stand till cold. Cut into rectangles, season with salt and pepper, dip in flour, coat with beaten yolk of egg and white breadcrumbs, moisten with melted butter and grill. Put on a hot dish and serve with a Caper sauce (p. 56).

#### BREAST OF LAMB À LA DIABLE

Braise the breast of lamb, bone it and, when cold, cut into rectangles. Brush over with French mustard, sprinkle with a little cayenne, then breadcrumb them as in foregoing recipe and grill. Serve with a Devilled sauce (p. 60).

#### BREAST OF MUTTON OR LAMB GRILLED WITH A PURÉE

Prepare and grill as in the foregoing recipes. Serve with a vegetable purée—spinach, sorrel, peas, haricot beans, etc.

#### BREAST OF MUTTON OR LAMB WITH TOMATO SAUCE

Prepare and grill as in the foregoing recipes, and serve with a Tomato sauce (p. 71).

#### BREAST OF MUTTON OR LAMB VERT-PRÉ

Prepare and grill as in the foregoing recipes. Garnish with Straw Potatoes (p. 500) and bunches of watercress. Serve with half-melted Maître d'Hôtel Butter (p. 75).

#### CÔTELETTES EN BELLE-VUE

See Côte de Veau en Belle-Vue (p. 288).

**CÔTELETTES À LA BERGÈRE**

*(Cutlets with ham and mushrooms)*

Season the cutlets with salt and pepper and cook in butter in a sauté pan. Put them in an earthenware cocotte or casserole, and between each put a slice of lean ham, blanched and lightly browned in butter. Add a few pickling onions, browned in butter, and a few mushrooms, quartered and cooked in butter. Cover and put in the oven for 10 minutes. To serve, add a garnish of Straw Potatoes (p. 500).

**CÔTELETTES BOUCHÈRE**

This consists of mutton chops, seasoned with salt and pepper, brushed over with oil or melted butter and grilled. It is generally served plain, or with Maître d'Hôtel Butter (p. 75), or some hot sauce.

**CÔTELETTES BULOZ**

Grill the cutlets on one side only. Put a layer of thick Béchamel sauce (p. 52), mixed with grated Parmesan cheese, on the grilled side of the cutlet, then coat the whole cutlet with flour, brush over with beaten yolk of egg, coat with white breadcrumbs and cook in clarified butter (p. 24) in a sauté pan till a rich golden colour. When done, place on a risotto with truffle or on a Plain Risotto (p. 535).

**CUTLETS WITH MUSHROOM PURÉE**

Garnish the centre of a hot dish with Mushroom purée (p. 486) and around them place the lamb or mutton cutlets, cooked in butter in a sauté pan.

**CUTLETS CHEVREUIL**

Slice 1 carrot, 1 onion, 2 shallots, and colour lightly in 1 tablespoon of oil, with a sprig of thyme, parsley and 1 bayleaf. Add 1 wine glass of wine vinegar, and  $\frac{3}{4}$  pints red wine. Bring to the boil, add a few juniper berries. Simmer for 10 minutes. When quite cold, put 12 mutton cutlets in a deep earthenware dish and pour the marinade over them. Let stand in a cool place for 2 days. Wipe with a cloth and cook in butter and oil in a sauté pan till lightly browned. Serve with a Poivrade sauce (p. 68), made with the marinade.

**CUTLETS WITH FRENCH BEANS**

Cook the cutlets in butter in a sauté pan till a light brown colour. Put some French beans, boiled and cooked in butter in the middle of a hot dish, arrange the cutlets neatly around, and serve with a Béchamel sauce in a sauceboat (p. 52).

**CUTLETS WITH SWEETBREADS**

Cook the cutlets as in foregoing recipe. Garnish the centre of a hot dish with a few sweetbreads, blanched and mixed with Allemande sauce (p. 53) and arrange the cutlets neatly around them. Serve with more Allemande sauce.

**CUTLETS À LA MAÎTRE D'HÔTEL**

Grill the lamb cutlets and serve with Maître d'Hôtel butter (p. 75).

**CUTLETS MARÉCHAL**

Season the lamb cutlets with salt and pepper, dip in flour, yolk of egg and breadcrumbs and cook in clarified butter (p. 24) in a sauté pan. Put some previously boiled asparagus tips in the centre of a hot dish, pour melted butter over them and arrange the cutlets neatly around them.

**CUTLETS MARIE-LOUISE**

Cook the cutlets as in preceding recipe, place them in the centre of a hot dish and garnish with the bottoms of artichokes, covered with a thick Mushroom purée (p. 486) mixed with a little purée Soubise (p. 489).

**CUTLETS MINUTE**

The lamb cutlets should be very thin and well flattened. Cook in hot butter for a few minutes, till lightly browned. Add a little chopped parsley and a little lemon juice to the butter in which they were cooked and pour over the cutlets.

**CUTLETS WITH MINT (Morocco)**

Grill the lamb cutlets, and when done sprinkle freely with chopped mint.

**CUTLETS WITH MUSHROOMS**

Grill the cutlets and over each place a grilled mushroom, slightly smaller than the cutlet. Garnish the dish with grilled or baked tomatoes and Straw potatoes (p. 500).

**CUTLETS WITH MUSHROOM SAUCE**

Grill the cutlets and let them stand till cold. Coat them in a thick Mushroom sauce (p. 65), dip in flour, coat with egg and breadcrumbs and cook in clarified butter in a sauté pan. Garnish the centre of a hot dish with mushrooms, cooked in butter with a little lemon juice and mixed with a Cream sauce (p. 59).

**CUTLETS WITH MUSHROOM PURÉE**

Cook the lamb cutlets in butter in a sauté pan and place them on a hot dish on a purée of mushrooms (p. 486).

**CUTLETS WITH TRUFFLES AND MUSHROOMS**

Cook the cutlets in butter in a sauté pan. Garnish the centre of a hot dish with thick slices of cooked mushrooms, truffles and tongue mixed with a Velouté sauce (p. 72), and put the cutlets around this garnish.

**CUTLETS À LA PARISIENNE**

Grill the cutlets, place in the centre of a hot dish and garnish with the bottom of artichokes covered with a layer of chopped truffle, mushrooms and tongue, mixed with Velouté sauce (p. 72). Garnish with Potatoes Parisienne (p. 496).

**CUTLETS AU PARMESAN**

Season the lamb cutlets with salt and pepper, dip in flour, brush over with yolk of egg and coat with breadcrumbs mixed with an equal quantity of grated Parmesan cheese. Cook in butter in a sauté pan and serve with Tomato sauce (p. 71).

**CUTLETS WITH REFORM SAUCE**

Prepare the lamb cutlets as in the preceding recipe, but mix the breadcrumbs with  $\frac{1}{3}$  of their weight of very finely chopped lean ham. Cook in clarified butter (p. 24). Serve with a Reform sauce (p. 69).

**CUTLETS WITH PIQUANTE SAUCE**

Grill the cutlets and serve with Piquante sauce (p. 67).

**CUTLETS WITH REMOULADE SAUCE**

Place a little cold Remoulade sauce (p. 70) on each hot grilled cutlet or serve the sauce separately in a sauceboat.

**CUTLETS WITH SOUBISE SAUCE**

Breadcrumb the cutlets as in foregoing recipes, cook in clarified butter in a sauté pan and serve with a Soubise sauce (p. 70).

**CUTLETS WITH TOMATO SAUCE**

Prepare and cook as in preceding recipe and serve with Tomato sauce (p. 71).

**CUTLETS GRILLED WITH MACÉDOINE OF  
VEGETABLES**

Put a Macedoine of Vegetables (p. 483), moistened with melted butter, in the centre of a hot dish and put the cutlets around it. Grilled cutlets can also be garnished with a single vegetable—peas, or French beans, young carrots, etc.

**ÉPIGRAMMES D'AGNEAU**

The "épigramme" consists of a lamb cutlet and a piece of braised breast of lamb, boned when cold, cut in heart shape, coated with breadcrumbs and either grilled or sauté in butter.

**ÉPIGRAMMES OF LAMB WITH ASPARAGUS**

Prepare the breast as described in foregoing recipe, dip both the piece of breast and the cutlet in flour, coat with yolk of egg and white breadcrumbs, and either grill or cook in butter. Place boiled asparagus tips in the centre of a dish mixed with Velouté sauce (p. 72), and put the épigrammes around them.

**ÉPIGRAMMES WITH ENDIVE**

Proceed as in foregoing recipe, garnishing the centre of the dish with Braised Endive (p. 477).

**ÉPIGRAMMES OF LAMB WITH PEAS**

The same as preceding recipes with a garnish of peas mixed with Velouté sauce (p. 72).

**ÉPIGRAMMES OF LAMB WITH SPINACH OR SORREL  
PURÉE**

The same as foregoing recipe, but with a spinach or sorrel purée (pp. 503, 502).

**ÉPIGRAMMES WITH A MACÉDOINE OF VEGETABLES**

The same as foregoing recipe, but with a Macédoine of Vegetables (p. 483).

**ÉPIGRAMMES VERT-PRÉ**

The épigrammes can be either grilled or sauté and garnished with bunches of watercress and Straw Potatoes (p. 500).

**KEBABB (Turkish)**

This consists of small pieces of fat breast of lamb, put on skewers, highly seasoned with salt and pepper and either roasted in front of a charcoal fire or grilled. Sometimes a small tomato is put on each end of the skewer. The pieces of mutton used for this dish are marinated in vinegar, oil, carrots, onions, cloves, parsley and black pepper. It is eaten with plain pilaff (p. 537).

**NOISETTES OF LAMB**

The noisette is a small fillet taken either from the fillet or from the loin. It is cooked, garnished in the same manner as lamb cutlets and served with the same sauces.

## Sundries.

## LAMB CUTLETS À LA PROVENÇALE

See Veal Cutlets à la Provençale (p. 300).

## CÔTELETTES SÉVIGNÉ

Brown the cutlets in butter on one side only. Garnish the cooked side with mixed chopped mushrooms and bottoms of artichokes moistened with Velouté sauce (p. 72), coat with flour, yolk of egg, breadcrumbs and put in a fireproof dish, with melted butter. Brown in a quick oven.

## LAMB CUTLETS À LA BOURGEOISE

Brown the cutlets in a little lard and, when browned on both sides, season with salt and pepper, sprinkle with a little flour and cook till this browns. Moisten with just over 1 gill of stock, a glass of white wine, add 1 tablespoon tomato purée, 12 blanched pickling onions and the same number of potatoes turned to the same size as the onions. Cover and simmer till the vegetables are tender. To serve, put the vegetables in the centre of a hot dish and put the cutlets around them. Pour the sauce over the whole.

## DORMERS

Mix  $\frac{1}{2}$  lb. finely chopped cooked mutton with 4 ozs. cooked rice, 3 ozs. finely chopped suet, 1 chopped shallot, and season with salt and pepper. Roll into cork-shaped pieces, coat with flour, egg and breadcrumbs and fry in hot fat. Drain and serve with gravy or Espagnole sauce (p. 50).

## MINCED MUTTON

Mince the cooked mutton finely and mix with an equal amount of mashed potatoes, thinned with butter and milk, and seasoned with salt and pepper. Add 1 or 2 chopped onions, browned in butter, and a little chopped parsley. Put in a fireproof dish, sprinkle with breadcrumbs, dot with pats of butter and brown in a quick oven.

## MUTTON AND POTATO PIE

Line a pie-dish with alternate layers of sliced parboiled potatoes, sliced blanched onions, and small thin slices of cooked mutton. Season with salt and pepper, moisten with stock, cover with a greased paper and bake for 1 hour in a moderate oven. Remove the paper 15 minutes before serving, to brown the potatoes.

## MUTTON PUDDING

See Beefsteak Pudding (p. 273).

## SHEPHERD'S PIE

This is made in the same way as Mutton and Potato Pie (p. 333), but with less onions—about 1 tablespoon chopped onion. The surface is either roughened with a fork or smoothed down with the blade of a knife, brushed over with yolk of egg and the whole baked in a moderate oven till browned.

## SHASSLIK (Caucasian)

Cut 2 or 3 lbs. of leg or loin of mutton into slices, put these in an earthenware vessel with sliced onion, salt and pepper and cover with vinegar and water in equal proportions. Let stand for 4 hours. Drain and dry in a cloth and grill the meat. This is eaten with plain boiled rice (p. 534).

## SHEEP'S BRAINS

Prepare in the same manner as Calf's Brain (p. 305). All the recipes given for calf's brain are applicable to sheep's brains.

## HAGGIS (Scottish)

Clean a sheep's paunch thoroughly and soak in cold salted water for 12 hours. Then turn it inside out and set aside till required. Put the pluck (including the heart, liver and lights) in cold water, bring to the boil and simmer for  $1\frac{1}{2}$  hours. Remove from the water and cut off the pipes and gristle. Grate half the liver—the other half is not used—and mince the lights and heart. Mix in a basin with  $\frac{1}{2}$  lb. finely chopped suet, 1 breakfast cup oatmeal, previously browned in front of the fire, 1 or 2 finely chopped onions, and season highly with pepper and salt. Moisten with the water in which the pluck was boiled. Put the mixture in the paunch, sew up the opening, being careful to leave sufficient space for the oatmeal to swell. Put in a large saucepan of hot water (in Scotland, milk is often added to the water), and boil for 3 hours, being careful to prick with a needle as soon as the haggis begins to swell. Haggis is served plain, without any gravy or garnish, and the national custom is to drink neat whisky with it.

## SHEEP'S HEAD

Prepare, blanch and cook the sheep's head in the same manner as Calf's Head (p. 307). They are then ready for use.

## SHEEP'S HEAD, BRAISED

Carve the prepared sheep's head and braise for 1 to  $1\frac{1}{2}$  hours. To serve, put the pieces of head on a hot dish and strain the sauce over them.



**SHEEP'S HEAD BRAWN**

Prepare and cook the sheep's head as in foregoing recipes. Then put in a large saucepan of cold water, with  $1\frac{1}{2}$  lbs. of bacon or gammon. Bring to the boil and simmer for  $2\frac{1}{2}$  to 3 hours. When done, drain, remove all the meat from the head, mince it finely with the tongue and bacon, and season highly with pepper. Press into a basin, cover with a plate or board and put a weight over it. Let stand till cold and turn out.

**SHEEP'S HEAD EN GALLIMAFRÉE**

Prepare the sheep's head as in above recipes. Cut the head in half and remove the brains. Line a saucepan with strips of bacon, sliced onions and carrots. Lay the head over this, as well as the lights, heart and liver and add a bouquet of herbs. Season with salt and peppercorns, cover with stock, bring to the boil and simmer for  $1\frac{1}{2}$  hours. When done, remove the pieces of head, etc., from the saucepan. Trim the halves of the head, sprinkle with chopped shallots and parsley, season with salt and pepper, sprinkle with flour, coat with egg and breadcrumbs and set aside till required. Mince the lights, etc., very finely with a few cooked mushrooms, parsley and shallots. Season with salt and pepper and moisten with a little of the reduced stock. Put the mince, which must be warmed up in a saucepan, in the centre of a hot dish, with the pieces of head, which should be grilled, around it. Garnish with crisply fried bacon and slices of the brain, poached in a little water and vinegar (p. 334). Serve with a Piquante or Poivrade sauce (pp. 67, 68).

**LAMB'S HEAD AND PLUCK**

Prepare the head as directed (p. 334). Wash the pluck thoroughly in cold water. Put both the head and pluck in a large saucepan, cover with cold water, bring to the boil and skim. Add 1 large sliced onion, 1 carrot, 1 small turnip, a bouquet of herbs, salt and peppercorns. Simmer for  $1\frac{1}{2}$  hours. When done, drain thoroughly, carve the head, mince the lights and moisten with a little of the stock. Place in the centre of a hot dish, with the pieces of head around it and garnish with sliced gherkins. Serve with a cold Vinaigrette sauce (p. 513) to which chopped shallots and gherkins have been added.

**SHEEP'S HEART**

See Bullock's Heart (p. 277).

**SHEEP'S KIDNEYS**

See Calf's Kidney (p. 309).

**SHEEP'S KIDNEYS BERCY**

Slice the kidneys, having removed the fat and skin, and cook in butter in a sauté pan, seasoning with salt and pepper. When almost done—this will be in about 6 to 8 minutes—remove from the pan and pour off most of the butter. Put 6 tablespoons of white wine in the pan, with 1 level tablespoon chopped shallot, and cook on a brisk fire to reduce the sauce. Add 2 tablespoons melted meat glaze, and the juice  $\frac{1}{2}$  lemon. Mix all well and add the kidneys. Cook, but without boiling for another 5 minutes, adding  $1\frac{1}{2}$  ozs. butter, divided in small pieces. Put on a hot dish and sprinkle with a little chopped parsley.

**SHEEP'S KIDNEYS À LA BORDELAISE**

Prepare and cook the sliced kidneys in butter as in preceding recipe. Remove from the pan, pour off the butter and put in  $\frac{1}{2}$  pint Bordelaise sauce (p. 55) for 4 sliced kidneys. Cook the kidneys in the sauce for 5 minutes, without boiling, and add small dice of previously cooked Beef Marrow (p. 279).

**SHEEP'S KIDNEY EN BROCHETTE**

Cut the kidney in slices a little under  $\frac{1}{2}$  inch thick and cook in very hot butter for 2 or 3 minutes, seasoning with salt and pepper, then put on skewers, alternately with small pieces of bacon and small slices of mushroom. Proceed as in Calf's Liver en Brochette (p. 311).

**SHEEP'S KIDNEYS AUX CHAMPIGNONS**

See Calf's Kidney with Mushrooms (p. 310).

**SHEEP'S KIDNEYS AU GRATIN**

Split the kidneys in half, but without separating the two halves. Season with salt and pepper, and cook in very hot butter for 4 to 5 minutes. Put them in a fireproof dish, cover with either Espagnole or Chasseur sauce (pp. 50, 57) sprinkle with breadcrumbs and brown in a quick oven for 8 to 10 minutes.

**SHEEP'S KIDNEYS, GRILLED**

See Calf's Kidney Grilled (p. 310).

**SHEEP'S KIDNEYS WITH MUSTARD SAUCE**

Split the kidneys in half, but without separating the two halves. Season with salt and pepper and cook till done in butter in a sauté pan for 5 to 8 minutes. Remove from the pan and put on a hot dish. Add to the butter in which they were cooked, the juice

of a large lemon, and stir in 2 teaspoons of made mustard. Mix all thoroughly and rapidly, without allowing the sauce to boil, adding a little more butter, divided in small pieces. Pour the sauce over the kidneys and serve.

### SHEEP'S KIDNEYS WITH PEPPERS

Slice the kidneys, season with salt and pepper and cook in butter in a sauté pan. When nearly done, add 2 or 3 previously blanched pimientos, cut in strips, and mix thoroughly with the kidneys.

### SHEEP'S KIDNEYS WITH RISOTTO

Cook the sliced kidneys as in preceding recipe and when done mix with Risotto (p. 535).

### SHEEP'S KIDNEYS SAUTÉ

Cook the sliced kidneys as in preceding recipe. When done pour over them the butter in which they were cooked, and sprinkle with a little chopped parsley.

### SHEEP'S KIDNEYS SAUTÉ CHASSEUR

Halve the kidneys, but without separating the two halves. Cook in butter for 5 or 6 minutes, seasoning with salt and pepper. Remove from the pan, drain off the butter, and, for every 4 kidneys, put  $\frac{1}{2}$  pint Chasseur sauce (p. 57) in the pan. Add the kidneys and cook for 5 or 6 minutes without boiling.

### SHEEP'S KIDNEYS SAUTÉ SUR CROÛTE

Cook the kidneys as in preceding recipe and, to serve, place on croûtes of bread fried in clarified butter (p. 25 for croûtes and croûtons).

### SHEEP'S KIDNEYS SAUTÉ WITH MADEIRA

See Calf's Kidney with Madeira sauce (p. 310).

### SHEEP'S KIDNEY STEW

Cut  $\frac{3}{4}$  lbs. lean uncooked gammon in dice and brown in butter with 4 chopped shallots. Sprinkle with a little flour and, when this is also brown, add  $\frac{3}{4}$  pint stock, a bouquet of herbs and bring to the boil. Simmer for 45 minutes till the sauce is greatly reduced. Add 1 wine glass of port, and 6 thickly sliced kidneys, previously cooked in butter for 5 to 8 minutes. Simmer for another 8 to 10 minutes and serve, removing the herb bouquet.

### SHEEP'S KIDNEYS TURBIGO

Split the kidneys in half without dividing the two halves, season with salt and pepper and cook in butter in a sauté pan for

8 to 10 minutes, till done. Put on a hot dish and garnish with button mushrooms, cooked in butter, and grilled chipolata sausages. Cover the whole with a little Espagnole sauce (p. 50).

### SHEEP'S KIDNEYS VERT-PRÉ

Prepare and cook as for Sheep's Kidneys en Brochette (p. 336). Garnish with straw potatoes (p. 500), and bunches of watercress.

### SHEEP'S KIDNEYS AU VIN BLANC

See Calf's Kidneys with White Wine (p. 338).

### SHEEP'S KIDNEYS WITH RED WINE

Split the kidneys in half, without dividing the two halves. Cook in butter in a sauté pan, seasoning with salt and pepper. When done, put on a hot dish, drain off a little of the butter in which they were cooked, add 1 glass of red wine, and 1 oz. butter divided in small pieces. Mix well and pour over the kidneys. Garnish with strips of gammon, pickling onions and mushrooms, all previously browned in butter.

### LAMB'S FRY

The lamb's fry should be scalded with boiling water, then trimmed, and soaked in cold water for several hours. It is then drained, dried and cut in slices or pieces.

### LAMB'S FRY IN BATTER

Prepare as in preceding recipe, dip the pieces of fry in frying batter (p. 83), and fry in deep fat (p. 87). Drain and serve on a folded napkin on a hot dish, with a garnish of fried parsley.

### LAMB'S FRY, FRIED

Prepare as in preceding recipes. Season the pieces of fry with salt and pepper, dip in flour, coat with yolk of egg and bread-crumbs and fry in deep fat. Drain and serve with either a Tomato or a Piquante sauce (pp. 71, 67).

### LAMB'S FRY EN VINAIGRETTE

Prepare the lamb's fry as in preceding recipes, cook in a *blanc* (p. 80), drain and serve with a cold Vinaigrette sauce (p. 513).

### LAMB'S SWEETBREADS

See Calves' Sweetbreads (p. 313) for preparation and cooking. All the recipes given for Calves' Sweetbreads are applicable to lamb's sweetbreads.

## SHEEP'S TAILS

The tails should be well washed and then blanched. They can be cooked in the same manner as Ox Tail (p. 281), and dressed in the same manner as Calf's Tongue (p. 315).

## SHEEP'S TONGUE

See Calf's Tongue (p. 315).

## SHEEP'S TROTTERS

Put the trotters in a saucepan and cover with cold water. Bring to the boil and boil for 4 to 5 minutes. Drain and clean thoroughly, if necessary. Bone the trotters and cook them in a *blanc* (p. 80) for 3 or 4 hours, according to their size, till quite tender. They are then ready for use.

## SHEEP'S TROTTERS IN BATTER

Prepare and cook as in preceding recipe. Put the sheep's trotters in a deep dish, sprinkle with oil, lemon juice and chopped parsley. Season with salt and pepper and let stand for 20 minutes. Dip in frying batter (p. 83) and fry in deep fat. Drain, and place on a folded napkin on a hot dish. Garnish with fried parsley and serve with a Tomato sauce (p. 71).

## SHEEP'S TROTTERS, FRIED

Prepare and cook as in preceding recipes. Stuff the trotters with the same mixture as for Veal Croquettes (p. 303). Dip in flour, coat with yolk of egg and breadcrumbs and fry in deep fat. Drain and serve with Madeira sauce (p. 63).

## SHEEP'S TROTTERS, GRILLED

Prepare and cook as in preceding recipes. When cold, brush over with dry mustard, dip in melted butter, season with salt, coat with breadcrumbs and grill. Serve with a Devilled sauce (p. 60).

## SHEEP'S TROTTERS À LA POULETTE

Prepare and cook the sheep's trotters as in preceding recipes. Add them to a Poulette sauce (p. 68) with a few cooked mushrooms.

## SHEEP'S TROTTERS À LA PROVENÇALE

Same as in preceding recipe, but with a Provençale sauce (p. 69).

## SHEEP'S TROTTERS SALAD

Halve the prepared and cooked trotters, and when cold put in a

salad basin. Mix with a salad dressing made with 4 tablespoons oil to 2 of vinegar, a few very small pickling onions, left whole, 2 chopped shallots, 3 or 4 sprigs chopped parsley, 2 teaspoons made mustard, salt and pepper. Garnish with slices of hard-boiled eggs and fillets of anchovy.

### SHEEP'S TROTTERS À LA VINAIGRETTE

Prepare and cook *au blanc* (p. 80). Divide in half and serve very hot, with a cold Vinaigrette sauce (p. 513), to which chopped shallots, gherkins and capers have been added.

## Pork

### Boiled Pork

#### LEG OF PORK À LA WIENERSALD

Put the leg of pork in a large saucepan of warm water, bring to the boil and skim carefully. Then add 2 carrots, sliced lengthwise, 1 large onion, stuck with 2 cloves, 1 turnip, mixed herbs, 1 bayleaf, 1 tablespoon salt and 8 peppercorns. Simmer gently, allowing 30 minutes to the lb. When done, put on a hot dish, carve into thin slices and pour the following sauce over them: Quarter 2 lbs. tomatoes and boil in  $\frac{3}{4}$  pints white wine till reduced to a pulp, and rub through a sieve. Macaroni, or dumplings of some kind are served with this dish.

#### SUCKING PIG À LA RUSSE

Divide the sucking pig into joints, put in a saucepan and cover with warm water. Do not add either salt or vegetables. Bring to the boil and simmer for 2 hours till quite tender. Then add 2 tablespoons salt and let stand till quite cold. Drain thoroughly and put the pieces of sucking pig on a dish. Cover with a sauce made with 1 heaped tablespoon grated horseradish mixed with  $\frac{1}{2}$  pint sour cream and seasoned with salt and pepper.

### Braised or Stewed Pork

#### BAKENOFF OR BRAISED FILLET OF PORK À L'ALSACIENNE

Put a layer of sliced potatoes and onions in an earthenware casserole, lay over them a small fillet of pork and a small piece of saddle of mutton, season with salt and pepper, add 1 bayleaf and moisten with 1 gill stock and 1 gill white wine. Cover, put in the oven and simmer till tender. Serve in the casserole.

**FILLET OF PORK WITH BREADCRUMBS**

Brown 3 lbs. fillet of pork in butter and sprinkle with finely chopped shallots, onion, garlic, parsley and white breadcrumbs, seasoning with salt and pepper. Add  $\frac{1}{2}$  pint stock, put in the oven and simmer till tender.

**FILET DE PORC MARINÉ**

Put 3 lbs. fillet of pork in an earthenware casserole with  $\frac{1}{2}$  bottle white wine,  $\frac{1}{2}$  pint wine vinegar, 1 onion and 2 carrots, finely chopped, 2 cloves of garlic, 2 sprigs thyme, and 6 peppercorns. Let stand in a cool place for 12 hours or more. Drain thoroughly. Put the pork and vegetables in another casserole, season with salt and brown evenly on all sides. Then add the marinade, cover, put in the oven and baste occasionally. When the marinade has been reduced to about 2 tablespoons, add 3 tablespoons thick Tomato sauce (p. 71), and simmer till the meat is tender. Put the pork on a hot dish and strain the sauce over it.

**FILLET OF PORK WITH TURNIPS**

Put the fillet of pork in an earthenware casserole with a few tablespoons water. Cover and place in a moderate oven. When the meat begins to brown, add 2 or 3 dozen small turnips, browned in fat and sprinkled with a little sugar. Moisten with 2 tablespoons stock, 2 of Tomato sauce (p. 71), and simmer gently till the pork is tender, turning the joint occasionally.

**FILET DE PORC SAUCE POIVRADE À LA CRÈME**

Proceed as in Filet de Porc Mariné (above) omitting the Tomato sauce, and adding 6 tablespoons stock. When done, remove the meat from the casserole and keep hot while the following sauce is being prepared: Put all the contents of the casserole in which the meat was cooked in a small saucepan. In the same saucepan in which the pork was cooked, put 6 tablespoons of vinegar and 10 ground peppercorns. Boil rapidly till reduced to 1 tablespoon. Now add the vegetables and liquid in which the meat was cooked, mix well, and add  $\frac{1}{2}$  pint cream, preferably slightly sour cream. Bring to the boil and simmer for 15 minutes. Strain, replace in the saucepan and thicken with 1 teaspoon of arrowroot. Carve the fillet and cover with a thin layer of sauce. Serve the remainder of the sauce in a sauceboat.

**"MAIALE UBRIACO" (Italian)**

*(Pork stewed in red wine)*

Season 3 or 4 lbs. loin of pork with salt and pepper and brown in oil, with several cloves of garlic and a little chopped parsley.

Add  $\frac{1}{2}$  flask red Chianti, cover and simmer in the oven till the meat is tender and the wine is reduced by half. To serve, put the meat on a hot dish and pour the sauce over it.

### PORK STEWED IN BEER (German)

Put 4 lbs. loin of pork in a saucepan or earthenware casserole with 3 pints cold water. Bring to the boil, reduce by half and skim carefully. Then add  $\frac{1}{2}$  pint beer (preferably Swiss brown beer), 2 or 3 cloves, 1 tablespoon sugar, 1 sliced onion, 2 sliced carrots, 1 slice crust of bread, 1 bayleaf, salt and peppercorns, and simmer till tender. Place the meat on a hot dish and strain the sauce over it.

### SHOULDER OF PORK BRAISED À L'ALSACIENNE

Proceed as in recipe for Bakenoff or Braised Fillet of Pork, à l'Alsacienne (p. 340).

### Grilled and Sauté Pork

#### PORK CHOPS CHARCUTIÈRE

Flatten the chops, season with salt and pepper, dip in flour, brush over with yolk of egg, coat with breadcrumbs, and grill over or under a slow fire. To serve, place a purée of potatoes (p. 498) in the centre of a hot dish, put the grilled chops around it and serve with a Charcutière sauce (p. 57) in a sauceboat.

#### PORK CHOPS À LA FLAMANDE

Season the chops with salt and pepper and brown in butter in a sauté pan. Put them in a buttered earthenware fireproof dish, surround with parboiled potatoes, coarsely chopped, and finish cooking in the oven.

#### PORK CHOPS GRILLED

Flatten the chops, season with salt and pepper, brush over with oil, and grill on or under a slow fire. Serve with a pat of Maître d'Hôtel Butter (p. 75).

#### PORK CHOPS KASSEL (German)

Flatten the chops and on one chop put a layer of finely chopped apples and prunes, previously cooked till soft in butter and sugar, and cover with another chop. Dip in flour, brush over with yolk of egg, coat with breadcrumbs and cook in butter in a sauté pan. Serve with Sauerkraut (p. 463).

#### PORK CHOPS À LA MILANAISE

See Veal Cutlet à la Milanaise (p. 299).



### PORK CHOPS WITH PAPRIKA

Fry 2 rashers of bacon in a little butter and, when done, remove from the pan and keep hot in a slow oven. Cook the chops in the bacon fat until browned, then add a little water and simmer till tender, seasoning with salt and 1 tablespoon paprika. When done, stir in  $\frac{1}{2}$  pint sour cream and simmer till the sauce thickens. To serve, put some boiled rice in the centre of a hot dish—lay over this the slices of bacon. Put the chops around, pouring the sauce over them.

### PORK CHOPS WITH RED CABBAGE

Grill the chops, or cook in butter as indicated in the foregoing recipes. Put some red cabbage à la Flamande (p. 465) in the centre of a hot dish, and place the cutlets around it.

### PORK CHOPS WITH ROBERT SAUCE

Grill the chops, either with or without breadcrumbs, and serve with a Robert sauce (p. 70) in a sauceboat.

### PORK CHOPS WITH SOUBISE OR ONION SAUCE

Grill or cook the chops in butter, as in foregoing recipes, and serve with a Soubise or Onion sauce (p. 70) in a sauceboat.

### FILLETS OF PORK WITH PIMIENTOS

Cut the fillet of pork into neat slices about  $\frac{1}{4}$  inch thick, and cook in butter in a sauté pan, seasoning with salt and pepper. Add shredded pimientos, and when the meat and pimientos are lightly browned, serve with a tomato purée, seasoned with garlic.

### GRILLED PORK CUTLETS

Trim off the fat from pork cutlets, season with salt and pepper, coat with breadcrumbs in the usual way, and cook in butter in a sauté pan. Melt  $1\frac{1}{2}$  ozs. of butter in a small saucepan and cook till a nutty brown. Remove from the fire, add a little vinegar and 3 or 4 chopped gherkins. Serve in a sauceboat.

### Roast Pork

#### BREAST OR BRISKET OF PORK WITH APPLES (German)

Blanch the pork in boiling water for 10 minutes. Remove from the water, scour closely, and rub over with salt. Place in a deep meat tin, with the skin downwards, and pour  $\frac{3}{4}$  pints of boiling water over it. Baste frequently, and allow 30 minutes

to the lb. After 1 hour the meat should be turned. Peel, core and quarter 3 or 4 large apples, and put them in a saucepan with 2 tablespoons of butter, 2 tablespoons of sugar, 2 tablespoons of currants, and cook till soft. To serve, put the pork on a hot dish and garnish with the apple mixture.

### FILLET OF PORK

Crush with a rolling pin 1 oz. bay salt, with 12 peppercorns, 2 or 3 sprigs of thyme, 1 bayleaf, a pinch of allspice. Rub this well into a fillet of pork, on both sides, and let stand for 12 hours or more. Then roast the fillet (p. 85 for Roasting) basting with a little hot water, and allowing 30 minutes to the lb. When done, pour a little white wine and water in the meat tin and scrape the sediment. Pour over the meat or serve in a sauceboat.

### FILLET OF PORK WITH APPLE SAUCE

Prepare and roast the fillet of pork as in foregoing recipe. Serve with Apple sauce (p. 53) in a sauceboat and the gravy as in foregoing recipe.

### FILLET OF PORK WITH BRUSSELS SPROUTS

Roast the fillet of pork as in preceding recipes. Blanch 1 lb. of brussels sprouts, drain thoroughly and put in the meat tin 20 minutes before serving. Baste frequently with the gravy from the pork.

### FILLET OF PORK, COLD, WITH RED CABBAGE SALAD

Carve the cold pork in very thin slices, put on a dish and garnish with gherkins. Serve with a salad of red cabbage and apples and with cold Apple sauce (p. 53) mixed with a little grated horseradish.

### FILLET OF PORK WITH CHARCUTIÈRE SAUCE

Roast the fillet of pork as in preceding recipes and serve with a Charcutière sauce (p. 57) in a sauceboat.

### FILLET OF PORK WITH ONION PURÉE

Roast the fillet of pork and serve with an onion purée (p. 489).

### FILLET OF PORK À LA PAYSANNE

Roast the fillet of pork, and when half done, add 2 lbs. of quartered potatoes and 4 shredded onions, lightly browned in butter. Baste the vegetables frequently with the gravy from the pork.

**FILLET OF PORK WITH PIQUANTE SAUCE**

Roast the fillet of pork, and serve with a Piquante sauce (p. 67) in a sauceboat.

**FILLET OF PORK WITH RED CABBAGE**

Roast the fillet of pork, put on a hot dish and surround with red cabbage à la Flamande (p. 465).

**FILLET OF PORK WITH ROBERT SAUCE**

Roast the fillet of pork and serve with Robert sauce (p. 70) in a sauceboat.

**FILLET OF PORK WITH SAUERKRAUT**

Roast the fillet of pork. Braise the sauerkraut (p. 463) basting it frequently with some of the gravy from the pork. To serve, put the pork on a hot dish and place the sauerkraut around it.

**FILLET OF PORK WITH TOMATO PURÉE**

Roast the fillet of pork and serve with a Tomato purée on a separate dish (p. 506).

**LEG OF PORK**

Prepare and roast the leg of pork in the same way as directed for Fillet of Pork, but scouring the skin closely (p. 344). Serve with Apple sauce (p. 53) or any of the sauces and garnishes used for fillet of pork.

**LOIN OF PORK**

As in preceding recipe. Serve with Apple sauce or any of the sauces and garnishes used for fillet of pork.

**LOIN OF PORK, STUFFED**

Score the skin and separate the meat from the bones on the inner sides. Stuff with onion stuffing, secure the opening, and roast. Serve with the gravy and Apple sauce (p. 53).

**PORK À LA SAUCE PICARDE**

Carve the roast pork into thin slices and cook for 10 minutes in a very thick Soubise sauce (p. 70) to which 1 teaspoon of vinegar has been added.

**ROAST PORK WITH A CRUST (German)**

Put 3 or 4 lbs. fillet of pork in a meat tin, season with salt and pepper and 1 whole onion, a little sage, sweet basil, 1 bayleaf. Pour  $\frac{1}{2}$  pint hot water over the meat and cook till tender, allowing 30 minutes to the lb. and basting frequently. When done, put on

a dish and let stand till cold. Brush the top of the meat with yolk of egg, cover with breadcrumbs, moisten with a little of the gravy, and continue coating the meat with breadcrumbs and gravy till a crust of about  $\frac{1}{2}$  inch is formed. Put in a quick oven for 15 minutes, basting frequently. Serve on a hot dish and pour over the strained bastings to which 1 glass white wine has been added.

### ROAST SUCKING PIG

Whether stuffed or not, the sucking pig should always be roasted whole. For the average sized sucking pig, allow about  $1\frac{1}{2}$  to 2 hours roasting in the oven. If stuffed, allow a little longer. It should be basted with oil as this renders the crackling crisp. Serve with good gravy.

#### ROAST SUCKING PIG STUFFED (1)

Bake  $\frac{1}{2}$  lb. large onions in their skins. When done, remove from the oven and let stand till cold. Peel and chop them very finely. Mix with 1 lb. bread, soaked in milk and squeezed, 1 lb. beef suet, finely chopped, 2 ozs. chopped sage, a seasoning of salt and pepper and 2 whole eggs to bind. Stuff the sucking pig, and sew up the opening. Roast, basting frequently, and serve with Apple sauce (p. 53).

#### ROAST SUCKING PIG STUFFED (2)

Make a stuffing with  $1\frac{1}{2}$  lbs. sausage meat mixed with  $\frac{3}{4}$  lbs. of bread soaked in milk and squeezed, 2 cloves of finely chopped garlic, a few sprigs thyme and 2 eggs to bind. Cook the whole in a little butter till lightly browned, stuff the sucking pig, and sew up the opening. Roast as directed (p. 85), and serve with Gravy (p. 86).

### SUCKING PIG À LA BOURGUIGNONNE

Make a stuffing with the chopped lights, liver, heart and kidneys of the sucking pig, mixed with 5 or 6 cloves of chopped garlic, a little parsley, sage, and a seasoning of salt and pepper. Brown the whole in lard, moistening with white wine and a little of the pig's blood. Stuff the pig, sew up the opening and roast. When done, place on a hot dish, put a little white wine in the meat tin, scrape the sediments and serve in a sauceboat.

### SUCKING PIG À LA LYONNAISE

Bone the sucking pig, with the exception of the head and the feet. Make a stuffing with the following ingredients: Boil  $\frac{1}{2}$  lb. bread in milk till the bread has absorbed the milk. Let stand till cold. Then mix with 1 lb. finely chopped lean veal, 1 lb. chopped

suet, 2 or 3 mushrooms, parsley, chives, 2 shallots, the liver of the pig and an equal quantity of uncooked gammon, both cut in large dice. Season with salt and pepper and bind with 4 whole eggs. Stuff the pig and sew up the opening. Put in the meat tin, with sliced onions, a herb bouquet, chives, shallots, basil and a little white wine. When done, put on a dish and let stand till cold.

### SUCKING PIG STUFFED AND ROASTED À L'ALSACIENNE

Rub the inside of the sucking pig with Herb Butter (p. 75). Make a stuffing with the pig's liver, fat bacon, smoked ham, mushrooms, truffles, a little sage, bread, 2 eggs beaten up with a liqueur glass of brandy, and season with salt and pepper. Stuff the pig and sew up the opening. Roast, basting with oil. Serve with a Poivrade sauce (p. 68).

#### Supplementary Dishes

### FILLET OF PORK WITH SOUR CREAM

Cut  $\frac{1}{4}$ -inch slices from the fillet, removing all fat and bones. Lard with larding bacon (p. 27), and cook in butter in a sauté pan, browning evenly on both sides. Cover the pan with a dish and simmer for 10 minutes. Then add 1 gill sour cream and simmer for another 15 minutes. Remove the fillets from the sauce, and put on a hot dish. Stir 1 tablespoon flour in the sauce, add 1 tablespoon chopped capers, 1 tablespoon tomato purée, and 1 or 2 tablespoons stock. Stir and mix well and pour over the fillets.

### GALANTINE OF SUCKING PIG

Bone the sucking pig, with the exception of the head. Make a stuffing as follows: Chop 2 lbs. calves' liver and mix with 2 lbs. chopped fat bacon, season with salt and pepper and bind with 4 beaten eggs. Lay the sucking pig flat on a table, and put a layer of stuffing over it. Cover with large dice of fat bacon, lean ham and lean veal, and over this put another layer of stuffing. Sew up the pig, tie in a cloth, so that it will retain its shape, and braise it with sliced carrots, onions, thyme, sweet basil, spices, salt, pepper, the bones from the pig, 2 calves' feet, a little stock and  $\frac{1}{2}$  bottle white wine. Simmer for 4 hours. Put on a dish, strain the sauce over it and let stand till turned to a jelly.

### LOIN OF PORK WITH SWEET SAUCE

Cut the meat from a loin of pork in 3-inch lengths and boil in salted water till tender. Drain, roll in flour, coat with yolk of egg

and breadcrumbs, and brown in butter. Put on a dish and cover with the following sauce: Put 1 pint stock in a saucepan with 3 tablespoons port or Madeira and, when warm, add 2 tablespoons each of apple, cherry and plum jam, 1 or 2 tablespoons honey,  $\frac{1}{2}$  teaspoon grated lemon rind, a little grated cinnamon and 5 pounded cloves. Stir and simmer for 5 or 10 minutes.

### PORK À LA BASQUAISE

Brown 3 or 4 lbs. fillet or loin of pork in a saucepan, seasoning with salt and pepper. Cover with warm milk and simmer for 2 to 3 hours. Serve and pour the sauce over the meat.

### PORK PIE

Put 1  $\frac{1}{2}$  lbs. lean pork, free from all bone and gristle, in a saucepan and cover with cold water. Bring to the boil, skim and add 1 onion and season with salt and pepper. Simmer for 2 to 2  $\frac{1}{2}$  hours till the meat is tender. Drain and cut into dice. Fill the raised pie with the meat (Crust for Raised Pies, p. 542), moisten with a little stock, cover with the pastry lid, leaving a small opening in the middle for the steam to escape. Brush over with beaten egg, mixed with a little milk and bake in a moderate oven for 1  $\frac{1}{2}$  to 2 hours. Before serving, pour in a little more stock through the opening. Sliced hard-boiled eggs can be added to the meat.

### LA TOURTE LORRAINE

Cover a tart plate with a layer of puff pastry (p. 540) and over it put thin strips of lean veal and lean pork, previously marinated for 24 hours in white wine, with a sliced onion, garlic, chopped parsley, cloves, a pinch of nutmeg, salt and peppercorns. Cover with a layer of pastry, leaving an opening in the centre, and cook in a fairly brisk oven for 25 minutes. Remove the tourte from the oven and in the opening pour 1 cup of cream mixed with 2 or 3 beaten eggs, and seasoned with salt. Cook for 10 minutes longer.

### VARESCHAGA (Russian)

*(Pork and Beetroot)*

Cut 2 or 3 lbs. loin of pork in 2 or 3-inch lengths, sprinkle with salt, and cook till brown in a little lard. Remove from the pan and put in a saucepan or earthenware casserole with a few tablespoons vinegar, 1 small shredded cooked beetroot and sufficient water to cover. Add 1 chopped baked onion, and season with salt and pepper. Bring to the boil, add 3 tablespoons breadcrumbs made from rye bread and mix well. Bring to the boil, put the meat on a hot dish and pour the sauce over it.

## Ham and Salt Pork

## BAKED HAM

Hams require soaking and particularly those which are to be baked. Soak for 12 hours, wipe quite dry, trim away any rusty places underneath, and cover with a paste of flour and water,  $\frac{1}{2}$ -inch thick. Put in a moderate oven and bake for 4 hours. Remove the crust, skin the ham, sprinkle with brown breadcrumbs and serve with Madeira or Mustard sauce (pp. 63, 65).

## JAMBON SOUS CROÛTE

Put the ham in a large boiling pot, cover with cold water, bring to the boil, skim and simmer till the ham is half done, allowing 20 minutes to the lb. Wipe dry, remove the skin, and cover with a layer of the following mixture: chop 1 or 2 blanched carrots, onions, stick of celery, uncooked ham,  $\frac{1}{2}$  bayleaf and sprig of thyme. Mix thoroughly and cook in butter, adding a little Madeira, and salt and pepper. When the ham is coated with this, surround with a hot water crust (p. 542), pressing down the edges, so as to secure them firmly. Leave a small opening on the top for the steam to escape. Put in a moderately hot oven, and after  $1\frac{1}{2}$  hours, pour 1 gill Madeira in the opening. Replace in the oven and bake for another 30 minutes, covering up the opening. When cooked, remove the crust, place the ham on a hot dish and serve with a Madeira sauce (p. 63).

## JAMBON EN CROÛTE À L'ALSACIENNE

Soak the ham for 12 hours, drain and wipe dry. Surround with a crust made of ordinary bread dough (p. 671), and cook in a moderate oven, allowing 20 to 25 minutes to the lb.

## JAMBON EN CROÛTE À L'AUVERGNATE

Boil a small ham (p. 350) and, when almost done, remove from the water and drain. Wipe it dry and remove the skin. Carve the upper side of the ham in neat slices, without, however, removing them. Sprinkle freely with Madeira, and completely surround the ham with bread dough 1-inch thick (p. 671). Cook in a moderate oven for 1 to  $1\frac{1}{2}$  hours, till the bread is a light golden colour and baked through. Serve in the dough, with a Madeira sauce (p. 63).

## JAMBON DU MORVAN

Boil a small ham as directed (p. 350). Remove skin and fat, carve it, but without removing the slices. Surround completely with puff pastry, and bake in a quick oven at first, moderating

the temperature when the puff pastry begins to colour. Serve with Madeira sauce (p. 63) and peas or spinach cooked in butter.

### JAMBON DE PRAGUE SOUS CROÛTE

Boil a ham as directed below. Drain and let stand till nearly cold. Remove the skin and surround the ham with the same pastry as for raised pies (p. 542). Brush over with beaten yolk of egg, leave a slight opening in the top of the paste for the steam to escape, and bake in a moderate oven till the paste is a nice golden colour. Just before serving, pour a glass of port or sherry in the opening, cover with a piece of pastry, put the whole on a hot dish, and serve with a little dissolved meat glaze (p. 45) mixed with a few tablespoons of port or sherry.

### JAMBON DE PRAGUE METTERNICH

Prepare and cook the ham as in preceding recipe. The following should then be served with it: Slices of foie gras (fatted goose livers) sautés in butter, and covered with a slice of truffle, asparagus tips, cooked in butter and a Demi-glaze or Espagnole sauce (pp. 60, 50) flavoured with truffles.

### JAMBON DE PRAGUE NORFOLK

Prepare and cook the ham as in preceding recipe. The following should then be served with it: Braised sweetbreads (p. 313), peas, and the strained sauce from the braised sweetbreads.

### BOILED HAMS

Hams should be soaked for 12 hours, or longer if they should happen to be highly salted. They should be put in a large roomy pot or kettle and completely covered with cold water, the water being changed several times during the 12 hours soaking. To boil, put the ham in a large pot or ham kettle, cover completely with cold water, bring to the boil, skim and simmer, allowing 20 minutes to the lb. When done, drain, remove the skin and any superfluous fat and cover with brown breadcrumbs.

### BOILED HAM (French Method)

When the ham is to be served hot, it is cooked as in preceding recipe, but 30 minutes before it is completely cooked it is taken from the water and well drained. Remove the skin and some of the fat, and put the ham in a saucepan or earthenware vessel in which it just fits. Then add a little over  $\frac{1}{2}$  pint of either Madeira, port or some sweet wine. Cover closely and put in a slow oven for



1 hour. This final braising in wine gives a delicious flavour to the ham. What is left of the wine is used for making a sauce. Another method is to remove the ham from the water when done, drain and place it on a fireproof dish with the wine. Bring to the boil, and simmer, basting constantly with the wine for 20 minutes. Then stop basting and leave the ham in the oven for 8 to 10 minutes longer so as to glaze it.

### BOILED HAM (When served cold)

If the ham is not to be cut till cold, prepare it as follows: Soak it for 24 hours and put in a large pot or ham kettle and cover with cold water. Bring to the boil and immediately pour away the water. Again cover the ham, but this time with boiling water and add 1 or 2 carrots, 1 onion stuck with 2 cloves, the white part of 2 or 3 large leeks, a few sprigs of parsley, thyme and a bayleaf. Bring to the boil and simmer very gently, allowing from 15 to 20 minutes to the lb. When done, let the ham stand in the marinade till cold. Then remove from the water, drain, take off the skin and any superfluous fat, cover with aspic jelly (p. 46) and garnish the dish with coarsely chopped aspic.

### BOILED HAM WITH BRAISED LETTUCE

Put the Braised Lettuce (p. 482) in the centre of a hot dish and place the slices of carved ham around it. Serve with the strained sauce from the braised lettuce in a sauceboat.

### BOILED HAM À LA MILANAISE

Put cooked macaroni or spaghetti (p. 528) mixed with a little Tomato sauce (p. 51) and grated Parmesan cheese, in the centre of a hot dish. Place the slices of boiled ham around this and serve with a Tomato sauce. The macaroni may be served separately.

### BOILED HAM WITH RISOTTO

Proceed as in foregoing recipe, but with risotto (p. 535) instead of macaroni. Serve with a Tomato sauce (p. 51).

### BOILED HAM WITH SAUERKRAUT

If the ham is served whole, put the Braised Sauerkraut (p. 463) around it, and garnish with plain boiled potatoes. Serve with an Espagnole sauce (p. 50) made with a little hock or still moselle. If the ham is to be served carved, put the sauerkraut and potatoes in the centre of the dish, with the slices of ham around them.

**BOILED HAM WITH SPINACH**

Proceed as in foregoing recipe, but with braised spinach instead of sauerkraut. Serve with a Madeira sauce (p. 63).

**JAMBON AU NATUREL**

Tie a small ham in a cloth, put it in a large saucepan, cover with hot water and bring to the boil. Add 2 carrots, 1 large onion, 2 or 3 cloves, 2 or 3 sprigs of thyme, sweet basil, a bayleaf, 2 or 3 cloves of garlic, a good pinch of cinnamon and nutmeg, and a few sprigs of parsley. Simmer, allowing 20 minutes to the lb. When done, let it stand in the marinade till cold. Drain, remove the skin and some of the fat, and cover with breadcrumbs.

**Braised Hams****BRAISED HAM WITH MADEIRA SAUCE**

Cook the ham as directed in recipe for Boiled Ham (French method, p. 350). The final braising of the ham should be done in Madeira. Serve with a Madeira sauce (p. 63).

**BRAISED HAM WITH VEGETABLE PURÉES**

Braised ham can be served with various vegetable purées, such as purée of lentils, haricot beans, sorrel, spinach or with macaroni, spaghetti, nouilles, etc.

**JAMBON À LA BAYONNAISE**

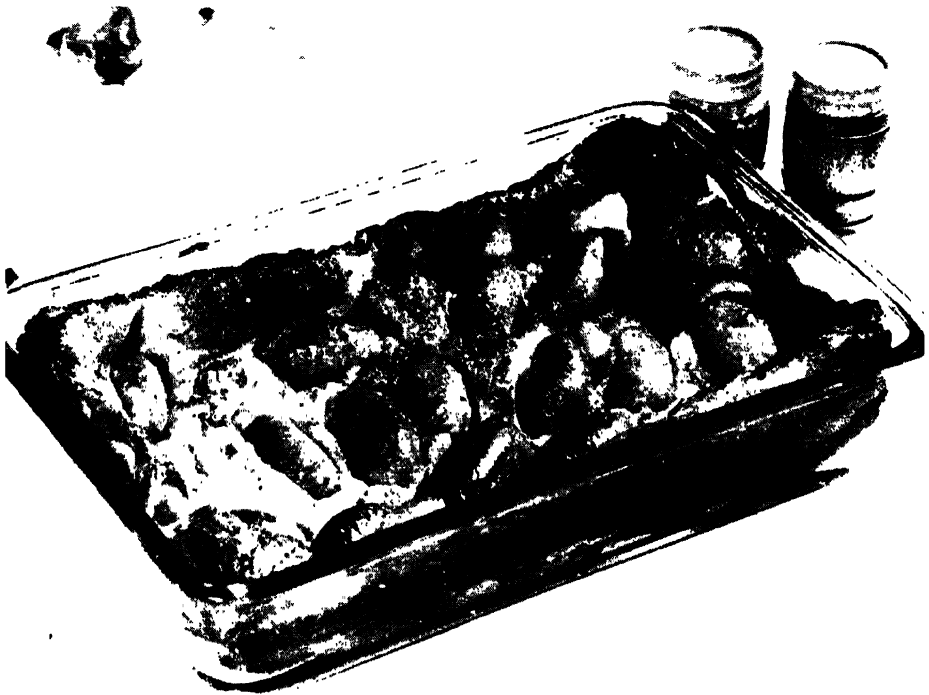
Braise the ham, using Madeira as directed above. Make a Pilaff (p. 537) with 1 lb. of rice, 1 large chopped onion, and 3 pints of stock. When half done, add 3 chopped tomatoes, 18 small mushrooms, and the same number of chipolata sausages, previously cooked in butter. Ten minutes before serving, pour 2½ ozs. of Brown Butter (p. 55) over the rice. Serve the Pilaff separately, and a Madeira sauce in a sauceboat (p. 63).

**JAMBON À LA BOURGUIGNONNE**

Braise the ham, using white wine and adding a few mushroom peelings to flavour. Serve with a Madeira sauce (p. 63) to which a few sliced mushrooms, previously cooked in butter, have been added.

**JAMBON À LA CHANOINESSE**

Braise the ham as in the preceding recipe. Serve with nouilles (p. 531) mixed with an onion or Soubise purée (p. 489) and a few chopped truffles. The sauce is made with the strained wine in which the ham was cooked.



ABOVE: *Grouse prepared for roasting*



*Roast chicken with new potatoes*

## Roast Hams

## JAMBON MARINÉ RÔTI

Put a small ham in a ham kettle and cover with cold water and white wine in equal proportions. Add sliced carrots, onions, shallots, 2 or 3 cloves of garlic, a few sprigs of thyme, parsley, a bayleaf and let stand for 24 hours, turning the ham occasionally. Remove the ham from the liquid, dry thoroughly, put it on a trivet in the meat tin, and roast in the oven, basting frequently with its marinade, and allowing 25 minutes to the lb. 10 minutes before serving, remove the skin from the ham and any superfluous fat, cover with breadcrumbs and put back in the oven to brown. Serve with the marinade, which should be strained and reduced.

## JAMBON À LA CLERMONTOISE

Proceed as in foregoing recipe. When done, reduce and strain the marinade, replace on the fire, add 4 or 5 peeled and baked chestnuts, and simmer for a few minutes.

## ROAST HAM WITH VEGETABLE PURÉES

Prepare and roast the ham as in preceding recipes and serve with any of the vegetable purées or garnishes which are served with braised ham (p. 352).

## THE SALTING OF HAMS

See p. 80 for the pickling or salting of hams, tongues, etc. The following are special pickles.

## A BEER PICKLE

The ham should be lightly salted for 2 weeks and then placed in the following pickle for a month: 1 quart old beer, 4 lbs. brown sugar, 1 lb. common salt, 2 ozs. bay salt, 2 ozs. saltpetre, 2 ozs. peppercorns, 2 ozs. black pepper, and 2 ozs. juniper berries. Boil the pickle for 20 minutes and when quite cold, pour it over the ham. Dry and smoke in a stove or chimney or wood fire.

## A CIDER PICKLE

Salt the ham, put between 2 boards with a heavy weight on the top board, and let stand for 48 hours. Wipe the ham and put in the following pickle for a month: 1 quart strong cider, 1 lb. each of common salt and bay salt, 4 ozs. saltpetre, 2 lbs. brown sugar,  $\frac{1}{4}$  lb. crushed juniper berries, 2 ozs. salt prunella, 2 bayleaves, a few sprigs of thyme, marjoram, tarragon, rosemary and sweet basil, 20 peppercorns, and  $\frac{1}{2}$  teaspoon of allspice. Dry and smoke.

## A TREACLE PICKLE

1 pint strong beer or cider,  $\frac{1}{2}$  lb. treacle,  $1\frac{1}{2}$  ozs. crushed juniper berries, 2 ozs. of allspice, 1 oz. peppercorns,  $\frac{1}{2}$  oz. black pepper. Boil  $\frac{1}{2}$  pint of the beer or cider with the spices. Mix the treacle, previously warmed till it liquefies, with the other  $\frac{1}{2}$  pint of unboiled beer, and then with the strained boiled beer or cider. When quite cold pour over the ham, which should have been salted as in preceding recipe. Dry and smoke.

## Sundries

## BOUDIN BLANC

Mince and pound in a mortar 1 lb. fat pork or the fat of bacon with  $\frac{3}{4}$  lbs. lean pork. Rub through a sieve and add 2 whole eggs,  $1\frac{1}{2}$  ozs. finely chopped onion, cooked in butter, but without browning, 6 tablespoons cream, 1 heaped teaspoon salt, a pinch of white pepper and a pinch of nutmeg. Mix thoroughly, and put the mixture into skins through a funnel. Put the sausages in a saucepan of boiling water and simmer for 10 minutes. Drain, and when cold, prick lightly with a pin and grill them. Serve with a Potato purée (p. 498).

## CAMBRIDGE SAUSAGES

Prick the sausages, season with salt and pepper, brush over with oil or melted butter and grill. They can also be sauté in butter, or baked in the oven.

## CHITTERLINGS

Prepare and cook as in foregoing recipe.

## CHITTERLINGS WITH ONIONS

Cut the chitterlings in  $\frac{1}{2}$ -inch lengths, and brown in butter, seasoning with salt and pepper. Chop 2 large onions finely, and lightly brown in butter. Mix with the sausages, cook for a few minutes longer, and just before serving add a sprinkling of vinegar and chopped parsley.

## COLD HAM IN ASPIC

See Boiled Ham (to be served cold) p. 351.

## COLD HAM WITH PICKLED PEACHES

See Boiled Ham (to be served cold) p. 351. Serve with Pickled Peaches (p. 100).

## CORNETS DE JAMBON

Choose a few large slices of lean ham, and cut into rounds of about 3 to  $3\frac{1}{2}$  inches in diameter. Roll so as to form into a

cornet, fastening down the edges with a little butter. Fill with any kind of salad, chopped and dressed with mayonnaise, or with a mixed vegetable salad, with Mayonnaise (p. 64) or with Mousse of ham, Aspic jelly (pp. 356, 46), etc.

### CROÛTES DE JAMBON

Cut slices of bread  $\frac{1}{2}$  inch thick and remove the crust. Cut into rectangles or halve the slice of bread. Mix finely chopped ham to very thick Béchamel sauce (p. 52) and finally add the white of 2 eggs beaten to a stiff froth. Put a layer of the mixture over the slices of bread and fry in deep fat (p. 87) to a light golden colour. Drain the croûtes on a cloth or blotting paper and place on a hot dish covered with a folded napkin. Sprinkle with a little salt and serve very hot.

### FRANKFURT AND STRASBURG SAUSAGES

Put in boiling salted water and boil or poach very gently for 10 minutes. Serve with grated horseradish, a purée of potatoes (p. 498) or with Braised sauerkraut (p. 463).

### FRICADELLES OF PORK

Prepare in same manner as Beef Fricadelles (p. 274).

### GAMMON

All the recipes applicable to ham can be applied to gammon.

### GRILLED GAMMON

Slice the uncooked gammon thinly, brush over with a little oil or melted butter and grill. Serve with a pat of Mustard Butter (p. 75).

### GRILLADES DE JAMBON

(Créole)

Lightly cook 2 or 3 large chopped or sliced onions in butter. When brown, add  $\frac{1}{2}$  lb. chopped tomatoes, and mix thoroughly. Cook for about 10 minutes, seasoning with salt, pepper and a little chopped chilli pepper, and then add slices of uncooked gammon, about  $\frac{1}{4}$  inch thick. Thin the sauce with 1 gill of hot water, cover the sauté pan with a dish, and simmer for 30 to 35 minutes, turning the gammon occasionally and adding a little more water if the sauce is too thick. When cooked, put the grillades on a hot dish and pour the sauce over them. Serve with plain boiled rice, or hominy or fried hominy cakes (pp. 534, 527).

### HAM FORCEMEAT

Mince cooked ham very finely and moisten with a little very thick Béchamel sauce (p. 52). Add a small quantity of brown breadcrumbs, and season with a sprig of chopped thyme, tarragon, parsley and  $\frac{1}{2}$  small bayleaf. Add a whole egg and mix thoroughly.

### HAM LOAF

Use the same mixture as in preceding recipe, but adding more eggs to bind if necessary. Shape into a loaf or into several small loaves, coat with breadcrumbs and bake in a moderate oven for 20 minutes or till set. Serve with Béchamel sauce (p. 52).

### HAM SOUFFLÉ

Pound  $\frac{3}{4}$  lbs. lean cooked ham in a mortar with  $1\frac{1}{2}$  tablespoons cold Béchamel sauce (p. 52). Rub through a sieve and mix with 6 tablespoons Béchamel sauce. Add the yolks of 2 eggs, and the whites of 3 beaten to a stiff froth. Pour in a buttered soufflé dish, filling it only  $\frac{3}{4}$  full. Put in a brisk oven at first, and when it has risen a little, moderate the temperature. Bake for 20 to 25 minutes, till the soufflé has risen well above the dish and is lightly coloured. Serve immediately.

### MOUSSE OF HAM

Pound  $\frac{3}{4}$  lbs. lean cooked ham in a mortar, adding gradually 3 tablespoons cold Béchamel sauce (p. 52). Rub through a sieve and add, very gradually,  $\frac{1}{2}$  pint whipped cream to which 2 tablespoons of dissolved aspic jelly (p. 46) have been added, or  $\frac{1}{2}$  oz. dissolved gelatine. Beat till very light, and turn into a mould. Stand in a cold place or on ice till set. When about to serve, dip the mould in warm water for a few seconds only, dry it and quickly turn out the mousse.

### MOUSSELINE OF HAM

The same mixture as for mousse of ham, but either put into small individual moulds or shaped into large quenelles. They can be covered with aspic jelly when set, or with a cold Chaud-froid sauce (p. 58).

### OXFORD SAUSAGES

Mince equal quantities of lean pork and veal, free from all skin and gristle, with half the quantity of beef suet. Season with salt and pepper, a pinch of nutmeg, a little chopped thyme and sage. Bind with the necessary number of eggs, shape into sausages on a floured board, and either fry in butter or grill.



## PETITS PAINS À LA SAUCISSE

See p. 693 (Sandwiches and Snacks).

## PICKLED PORK

This is soaked for a few hours in cold water and boiled in the same way as ham (p. 350), allowing 25 minutes to the lb.

## PICKLED PORK WITH LENTILS

Put 1½ lbs. pickled pork in a saucepan, cover with cold water, bring to the boil and remove from the water. Put the meat in a saucepan and brown lightly in a little lard with 12 small onions. Then add 1 lb. lentils, previously soaked in cold water, 1 halved carrot, a stick of celery, a bouquet of mixed herbs, season with pepper and cover with boiling water. Bring to the boil, cover and simmer for 2 hours. To serve, put the meat on a hot dish and cook the lentils rapidly till the water in which they were cooked is reduced almost completely. Remove the carrot, the celery and herb bouquet, put the lentils on a hot dish with a few pats of butter and over this place the pickled pork.

## PICKLED PORK WITH PEASE PUDDING

Boil the pickled pork (p. 353) and serve with Pease pudding (p. 504).

## PORK SAUSAGES

Prick the sausages lightly with a fork, season with salt and pepper and either grill them or cook in butter in a sauté pan.

## PORK SAUSAGES IN BEER (German)

Put the sausages in a basin and pour boiling water over them. Drain and dry them, and brown in butter with 1 sliced onion, 1 or 2 bayleaves, peppercorns and salt. Add 1 cup of ale, bring quickly to the boil and let reduce for a few minutes. Then add another cup of ale, or sufficient to cover the sausages, bring to the boil and simmer for 15 minutes. Before serving, add 1 tablespoon potato flour to thicken the sauce. Serve with a Potato purée (p. 498).

## PORK SAUSAGE ROLLS

Put the sausages in boiling salted water and simmer for 8 to 10 minutes. When done, drain, remove the skin and divide into 4 pieces. Place on squares of rough puff pastry (p. 539), fold over, leaving the ends open and either bake in a moderate oven or fry in deep fat to a light golden colour.

## PORK SAUSAGES WITH SAUERKRAUT

Cook the sausages in butter in a sauté pan, and place them on a hot dish over braised sauerkraut (p. 463).

**PORK SAUSAGES IN TOMATO SAUCE**

Skin the sausages and cut in 1-inch lengths. Cook in hot Tomato sauce (p. 51) for 15 minutes or till tender.

**POTTED HAM**

Allow  $\frac{1}{2}$  lb. fat ham to every 2 lbs. of lean. Put through the mincer, pound in a mortar, with a good pinch of mace, nutmeg and cayenne and rub through a sieve. Put in a buttered pie-dish, cover with buttered paper and bake for 45 minutes in a moderate oven. Press into small pots and, when cold, cover with clarified butter.

**RILLONS DE TOURS**

*(Potted Pork)*

Cut equal parts of lean and fat pork into dice, put in a saucepan, barely cover with water and season with salt, pepper and spices. Simmer for 3 hours. Then rub through a sieve, press into a pot, and cover with melted fat or butter.

**SAUCISSES AUX CHOUX**

Grill or boil the sausages and serve with boiled or braised cabbage, or with braised red cabbage (pp. 460, 465).

**SAUCISSES À LA MARMELADE**

Grill or fry the sausages in butter and serve with an Apple sauce (p. 53), in a glass dish.

**SAUCISSES AU VIN BLANC**

Brown the sausages lightly in butter, and when nearly done sprinkle with a little flour. Season with salt and pepper, add 1 glass of white wine and simmer till done. Just before serving, mix in 2 tablespoons cream. To serve, place the sausages on slices of bread fried in butter and pour the sauce over them.

**SAUSAGES WITH RISOTTO**

Cook the sausages in butter in a sauté pan and, when done, cut into 1-inch lengths and mix with the Risotto (p. 535).

**SKINLESS SAUSAGES**

Put equal parts of lean and fat pork through the mincer with 1 or 2 cloves of garlic, sprig of thyme, marjoram, sweet basil and rosemary. Season with salt and pepper. Mix with sufficient white breadcrumbs to give it consistency, bind with the necessary number of eggs and shape into sausages on a floured board. They can be fried, poached in a little water or grilled. This mixture can be used as a stuffing, but it should be lightly cooked in a little butter till browned before so using.

### PIG'S CHEEK, BAKED

If the cheek is freshly pickled, wash it in several waters, but if it has been cured and dried, soak for 5 or 6 hours in cold water. Put the pickled pig's cheek in a saucepan, cover with cold water and gradually bring to the boil. Simmer for  $2\frac{1}{2}$  hours. Drain, remove the skin, cover with lightly browned breadcrumbs, and bake in a moderate oven for 30 minutes. It can be served either hot or cold.

### PIG'S CHEEK, TO CURE

Rub the cheek well with salt, and let stand for 12 hours. Repeat the operation, and cover the cheek with  $\frac{1}{2}$  oz. saltpetre, 2 ozs. bay salt, and 4 ozs. brown sugar. Turn the cheek frequently and stand for 10 days. Smoke for 1 week.

### PIG'S CHEEK, TO PICKLE

Wash the pig's cheek, and rub well over with salt. Let stand for 24 hours. Wash and drain well, and rub into them a mixture of 4 ozs. common salt, 4 ozs. moist sugar, 1 oz. saltpetre, and  $\frac{1}{2}$  oz. ground pepper. Let stand for 4 weeks, rubbing them with the mixture every day. When done, hang in a dry cool place and use as required.

### PIG'S CHEEK WITH SAUERKRAUT

Proceed as in recipe for Pig's Cheek, Baked (above) and serve with Braised Sauerkraut (p. 463).

### PIG'S EARS

The ears should be soaked for 3 or 4 hours, thoroughly cleaned and singed in order to remove all hairs. Then put the ears in warm water, allowing  $\frac{1}{2}$  oz. salt to each quart water. Bring to the boil, skim and add 2 sliced carrots, 1 large onion, stuck with 2 cloves, and bouquet of herbs. Simmer for  $1\frac{1}{2}$  hours till the ears are quite tender.

### PIG'S EARS FRIED

Prepare and cook as in preceding recipe, then drain and cut the ears in strips. Dip in frying batter (p. 83), and fry in deep fat. Drain and serve with Tomato sauce (p. 51).

### PIG'S EARS À LA FLAMANDE

Add the pig's ears, washed and singed and cut in half, to the cabbage which is to be cooked à la Flamande (p. 465). They replace the gammon or pork usually cooked with the cabbage.

### PIG'S EARS WITH TARTARE SAUCE

Prepare, singe and boil the pig's ears (above), drain, cut into strips, season with salt and pepper, dip in flour, coat with yolk of

egg and breadcrumbs and fry in deep fat. Drain and serve with a Tartare sauce (p. 71).

### PIG'S EARS, GRILLED

Prepare and boil as in preceding recipe. Halve the ears lengthwise, brush over with mustard, season with salt, dip in melted butter and grill. Serve with a Devilled sauce (p. 60).

### PIG'S EARS AU NATUREL

Prepare and boil as in preceding recipes. Serve with boiled cabbage, or boiled broad beans or lentils.

### PIG'S EARS À LA SAINTE-MENEHOULD

The same as grilled pig's ears (above), but after being dipped in butter, they are coated with fine white breadcrumbs. Serve with a purée of potatoes (p. 498).

### PIG'S EARS, STUFFED

Prepare and boil the pig's ears as in preceding recipes. Drain and put a little Veal Force meat (p. 79) in each ear, pressing it down and secure the opening. Brown the ears in a little hot fat and braise for 45 minutes. Serve with the strained sauce from the braising pan.

### PIG'S FEET

Soak the feet, blanch in cold water, bringing the water to the boil and boil for 3 or 4 minutes. Then brush and clean the feet thoroughly and remove all hairs. Boil in the same manner as pig's ears (p. 359), but simmer for 2½ to 3 hours till the feet are quite tender. Let stand till cold, and bone them.

### PIG'S FEET, GRILLED

Prepare and boil the feet as in preceding recipe and, when cold, season with salt, dip in melted butter, coat with breadcrumbs and grill. Serve with a Piquante or Devilled sauce (pp. 67, 60).

### PIG'S FEET À LA SAINTE-MENEHOULD

Soak, blanch and clean the feet and braise them instead of boiling them. Then dip them in butter and grill. Serve with a purée of potatoes.

### PIG'S FEET WITH PIQUANTE SAUCE

Season the boiled pig's feet with salt and pepper, coat with flour, then egg and breadcrumbs, and cook in butter in a sauté pan to a light golden colour. Drain and serve with a Piquante sauce (p. 67).

**PIG'S FEET WITH TOMATO SAUCE**

The same as preceding recipe, but with Tomato sauce (p. 51).

**PIG'S FEET, STUFFED**

Boil the pig's feet and remove the bones when cold. Stuff the cavity with a stuffing made with a little chopped onion, bread-crumbs, parsley and sage and with a seasoning of salt and pepper. Replace the halves together and let stand for 1 hour, placing a dish over them with a heavy weight on it. Then cut the feet into slices about 1-inch thick, dip in flour, coat with yolk of egg and breadcrumbs and fry in deep fat. Drain and serve with fried parsley.

**PIG'S FEET À LA VINAIGRETTE**

See Sheep's Trotters à la Vinaigrette (p. 340).

**PIG'S FRY**

See Lamb's Fry (p. 338).

**PIG'S HEAD**

Prepare in the same manner as Calf's Head (p. 307). The pig's head is generally used for brawn and served cold, but it can be cooked and served in the same manner as pig's ears (p. 359).

**PIG'S HEAD, BOILED**

Scald and clean the head thoroughly, removing all hairs, the eyes, snout and brains. Mix 1 oz. saltpetre with 1 lb. salt and rub this well into every part of the head, repeating the process every day for 5 or 6 days. Drain the head from the brine, put in a saucepan, cover with cold water, bring to the boil and simmer for 3½ hours. Serve with pease pudding (p. 504).

**BRAWN**

To a pig's head weighing 6 lbs., allow 1½ lbs. lean beef, 2 table-spoons salt, 2 teaspoons pepper, 6 pounded cloves and a little cayenne. Prepare the head as in preceding recipe and cook in the same manner, with the beef. When done, take the head and the beef from the saucepan, remove all the bones from the pig's head and chop the meat as well as the beef. Mix together, season with the mixed seasonings, moisten with a little of the stock and press in a brawn tin or cake tin. Cover with a board or dish put a heavy weight over it and let stand till quite cold. Dip the mould in hot water for a minute or two and the brawn will come out of the tin easily.

**PIG'S HEAD, COLLARED**

Prepare and boil the pig's head as in recipe for pig's head, boiled (above), but boil for 2 hours only. Remove from the sauce-

pan, bone carefully and season highly with pepper and cayenne and a little salt. Roll up tightly, tie in a cloth, binding securely and boil for 2 hours. When done, put between 2 boards or dishes with a heavy weight on the upper one and let stand till cold. Untie and use as required.

### FROMAGE DE COCHON À LA MÉNAGÈRE

Prepare the pig's head, and, after blanching it, remove the bones. Put in a terrine, with the tongue, and 2 lbs. lean and fat pork. Sprinkle liberally with salt, add 2 bayleaves, peppercorns, a few sprigs thyme and a little allspice. Let stand in a cool place for 4 or 5 days. Then put all in a saucepan, cover with cold water, add 1 large onion stuck with a clove, mixed herbs, and bring to the boil. Simmer for 3 hours. Drain and chop the meat coarsely. Season highly and tie all in a cloth. Put a weight over it and let stand till cold.

### PIG'S HEAD À LA SICILIENNE

Put the prepared pig's head in a large saucepan and cover with cold water. Bring to the boil gradually, skim thoroughly and add 2 or 3 sliced carrots, onions, 1 stick celery, mixed herbs, salt and a few peppercorns. Simmer gently for 2 hours, or till the head is quite tender. Remove from the stock and put in a deep basin. Add 1 tablespoon vinegar to the stock, 1 or 2 glasses Madeira and a good pinch of mixed spices. Pour the stock over the pig's head and stand in a cool place till the stock has set in a firm jelly.

### STUFFED PIG'S HEAD

Clean the head thoroughly, remove the eyes, ears, brain and tongue and stuff the head with bread, previously soaked in milk and pressed, and finely chopped sage. Coat with melted butter or oil, season with salt and pepper, and roast in the oven. Baste frequently and allow from 25 to 30 minutes to the lb.

### PIG'S KIDNEYS

See Calf's Kidneys (p. 309).

### PIG'S TONGUE

See Calf's Tongue (p. 315).

### PIG'S LIVER

See Calf's Liver (p. 315).

### PIGS' TAILS

Cooked in the same manner as Pig's ears (p. 359). They are served *au naturel*, grilled, with a Potato purée (p. 498).

# Poultry

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## Chicken

### BOILED OR POACHED

If the chicken is to be served with a white sauce, or if it is to be kept very white, rub it over with half a lemon before boiling or poaching it. Put the chicken in a large saucepan with 3 pints (or more, according to the size of the bird), of thin white stock or stock mixed with water. Add 1 medium-sized onion stuck with 2 cloves, bouquet mixed herbs, and bring to the boil. Skim, cover with the lid and simmer gently for 1 hour or more, according to size and age of the chicken. To test whether the chicken is sufficiently cooked, run a skewer into the thickest part of the leg. If the juice which oozes out is white or slightly pink, the chicken is done. Drain, and use as required.

### BOILED CHICKEN À L'AUORE

Stuff the chicken with *godiveau* forcemeat (p. 78) mixed with 3 tablespoons very thick Tomato sauce (p. 71). Boil or poach it, drain and put on a hot dish. Garnish the dish with the stuffing, cut in dice, and cover the chicken with Aurora sauce (p. 54).

### BOILED CHICKEN WITH BÉCHAMEL SAUCE

Boil or poach the chicken, drain and cover with Béchamel sauce (p. 52) to which 2 or 3 tablespoons cream have been added. Garnish with poached calves' sweetbreads and brains (pp. 313, 305).

### BOILED CHICKEN WITH CELERY

Boil the chicken in veal stock. Put on a hot dish, strain a little of the stock over it, and garnish the dish with braised celery.

### BOILED CHICKEN WITH CURRY SAUCE

Boil the chicken, drain, put on a hot dish and cover with Curry sauce (p. 59). Serve with plain boiled rice (p. 534).

**BOILED CHICKEN WITH MUSHROOMS**

Boil the chicken, put on a hot dish and cover with Mushroom sauce (p. 65). Garnish with boiled mushrooms, well seasoned with salt and pepper and a little lemon juice.

**BOILED CHICKEN WITH NOUILLES**

Stuff the chicken with 6 oz. of previously blanched nouilles (p. 531) mixed with a little cream and grated Parmesan cheese, and seasoned with salt and pepper. Boil, and when cooked cover with a Mornay sauce (p. 65). Garnish the dish with nouilles.

**BOILED CHICKEN STANLEY**

Stuff the chicken with  $\frac{1}{2}$  lb. of partially cooked rice, mixed with  $3\frac{1}{2}$  oz. of shredded mushrooms and the same quantity of shredded truffles. Poach in very little stock—about  $\frac{1}{2}$  pint or a little over—to which 1 lb. shredded onions, previously blanched and highly seasoned with curry powder, have been added. When done, rub the onions through a sieve, add 1 gill of Velouté sauce (p. 72), and 1 gill cream, strain through a sieve, and add a little more cream. Pour the sauce over the chicken, and serve.

**BOILED CHICKEN WITH VARIOUS GARNISHES**

The chicken can be stuffed or not, according to taste. An excellent method is to stuff it with partially cooked rice, and to coat it, when done, with a Suprême sauce (p. 71), made with the stock in which the bird was poached. It can then be garnished with either thick slices of cucumber, celery, new carrots, or the bottom of artichokes, previously blanched and cooked in butter.

**BOILED CHICKEN WITH VEGETABLES**

Poach the chicken in  $\frac{1}{2}$  pint of stock and add 6 small pickling or spring onions, 6 small new carrots, 6 small new potatoes and  $\frac{1}{2}$  pint of peas. Put the chicken on a hot dish, cover with a little Suprême sauce (p. 71), and garnish with the vegetables.

**BOILED FOWL**

Rub the fowl with lemon, wrap in buttered paper and poach in stock. Serve with Parsley sauce (p. 67).

**BOILED FOWL OR CHICKEN WITH BACON**

Boil the fowl in plain water, with 1 onion stuck with 2 cloves and a bouquet of herbs, and 1 lb. of bacon or gammon. Serve with the sliced boiled gammon on the dish, Parsley sauce (p. 67), and, in a separate sauceboat, a little of the water in which the chicken and bacon were cooked.

**BOILED FOWL WITH OYSTERS**

Stuff the fowl with 2 dozen bearded oysters and boil. When done, cover with Béchamel sauce (p. 52), to which 1 dozen oysters, previously blanched, have been added, with their liquor.

**CHAUD-FROID OF CHICKEN**

Poach the chicken in stock, and let it stand in the stock till cold. Carve into neat joints, removing the skin, and coat with a Chaud-froid sauce (p. 58) made, if possible, with the stock in which the chicken was cooked. Garnish with thin slices of truffle, cover with a thin coating of aspic jelly (p. 46) and trim off any superfluous pieces of jelly just before serving.

**CHICKEN MAYONNAISE**

Line a salad bowl with lettuce leaves, seasoned with a little salt and vinegar. Over this, place neat slices of cold boiled chicken, carefully skinned. Cover the whole with mayonnaise (p. 64) and garnish with capers, stoned olives, slices of hard-boiled egg and the heart of the lettuce.

**CHICKEN MAYONNAISE (American)**

Cut the breast of boiled chicken into cubes, as well as a few sticks of the white part of a head of celery. Put on a layer of crisp lettuce leaves, seasoned with salt and a few drops of vinegar, and cover with a mayonnaise dressing (p. 64). Decorate with the heart of the lettuce.

**CHICKEN SALAD**

Proceed as in the first recipe for Chicken mayonnaise, with the same garnishes, but dress with a Vinaigrette dressing (p. 513) instead of mayonnaise.

**COLD BOILED CHICKEN WITH BÉARNAISE SAUCE**

Carve the boiled chicken into neat joints, remove the skin and coat each piece with Béarnaise sauce (p. 54).

**POULARDE DEMI-DEUIL**

Stuff the chicken with a chicken stuffing to which a few chopped truffles have been added, and slip thin slices of truffles under the skin of the breast. Poach the chicken, and when done, put on a hot dish. Strain the stock through a cloth, reduce it on a quick fire, and add to a Suprême sauce (p. 71) to which a few sliced truffles have been added. Coat the chicken with this sauce, and serve the remainder in a sauceboat. Garnish with the stuffing, cut in large dice.

## POULARDE À L'IVOIRE

Poach the chicken, being careful to rub it well with lemon juice so as to keep it very white. When done put on a hot dish. Serve with a sauce Ivoire (p. 63) in a sauceboat, and with a little of the stock in which the chicken was poached in another sauceboat. Garnish with either macaroni or nouilles, mixed with cream, or with mushrooms or cucumbers, also dressed with cream.

## POULARDE À L'ORIENTALE

Stuff the chicken with a Pilaff (p. 537) flavoured with a little saffron. Poach, and when done, place on a hot dish. Carve the breast into thin slices, and with a pair of scissors remove the breastbone. Cover the rice inside the chicken with Béchamel sauce (p. 52) flavoured with a little saffron, and replace the slices of breast over the rice. Coat the chicken with Béchamel sauce.

## POULARDE À LA REINE

Poach the chicken and garnish with purée of chicken, poached in dariole moulds, garnished with a slice of truffle. Serve with a Suprême sauce. (p. 71).

## POULARDE À LA VALENCIENNES

Poach the chicken, put on a hot dish and surround with Risotto (p. 535), mixed with cooked ham or gammon cut in small dice, and with slices of grilled ham. Serve with a Suprême sauce (p. 71) to which 1 or 2 tablespoons of very thick Tomato sauce have been added (p. 71).

## POULARDE VERT-PRÉ

Poach the chicken, cover with Suprême sauce (p. 71), and garnish with peas, French beans and asparagus tips, previously cooked and mixed with melted butter.

## POULARDE À LA WALLONE

For this special Belgian dish use either a large chicken or preferably a Belgian capon, the "Coucou de Malines," which is largely exported to England. Put 3 lbs. knuckle of veal in a large earthenware casserole and cover with cold water. Bring to the boil, skim, and add 4 sliced carrots, 1 onion, stuck with 2 cloves, 1 or 2 sticks of celery, a bouquet of mixed herbs, salt and peppercorns. Simmer for 45 minutes and add the chicken or capon, and 1 calf's sweetbread, previously blanched (p. 28). Simmer for 1 hour or longer, according to the size of the bird, but remove the sweetbread as soon as it is tender. Drain it, cut in large cubes and keep warm till required. Cook 6 large mushrooms in a

few tablespoons water, 1 tablespoon butter and the juice of  $\frac{1}{2}$  lemon. When done, set aside and keep hot till required.

Melt 4 tablespoons butter in a saucepan, stir in 2 ozs. flour without browning, and dilute with the chicken stock, stirring continuously. Simmer for 30 minutes. Mix the yolks of 5 eggs in a basin with 3 tablespoons cream, 2 of Madeira, and a little of the water in which the mushrooms were boiled. Add this to the sauce, seasoning with salt and pepper. Stir till the sauce comes to the boil, then strain it and put in a clean saucepan. Add the cooked mushrooms, the sweetbread and a few veal quenelles, made by mincing  $\frac{1}{4}$  lb. veal, mixing it with kidney fat, pounding in a mortar to a smooth paste, and adding previously soaked bread, yolks of egg and a little cream. Shape into small quenelles, roll in flour and poach in boiling water for 15 to 20 minutes. Drain thoroughly before adding to the sauce. To serve, put the chicken or capon on a hot dish, pour the sauce over it and garnish with the mushrooms, etc.

### POULE AU GROS SEL

Poach the chicken in white stock. Cover with the cold stock and bring to the boil. Skim, and add 10 or 12 small carrots and the same number of small onions. When done, put the chicken on a hot dish, surround with the vegetables and serve a little of the reduced stock in a sauceboat. Have on the table a glass dish with coarse salt (French *gros sel*, or bay salt) which is sprinkled over the pieces of chicken.

### POULE AU RIZ À LA MÉNAGÈRE

Poach the chicken in stock and 30 minutes before it is ready add  $\frac{1}{4}$  lb. of well washed Carolina rice. To serve, put the chicken on a hot dish, and surround with the rice, which should be moist, but with each grain detached from the others and not over soft.

### POULET AU BLANC

Rub the chicken with lemon juice and poach in a light stock made with knuckle of veal and chicken giblets. Serve with a white Mushroom sauce (p. 65), made with the stock in which the chicken was cooked, and cover the chicken with a little of the sauce. Garnish with the mushrooms.

### POULET AU BLANC EN BLANQUETTE

Put 2 tablespoons butter in a saucepan and when melted add 1 tablespoon of flour. Stir till smooth, but without browning. Put in the chicken, and add 1 pint hot stock. Bring to the boil, skim, and add 1 glass white wine, the juice of  $\frac{1}{2}$  lemon, salt and pepper. Simmer for 1 hour, or till the chicken is tender. To serve, put the chicken on a hot dish, thicken the sauce with the

yolks of 2 eggs, previously diluted with 3 tablespoons cream and a little of the stock. Add juice of  $\frac{1}{2}$  lemon and pour over the chicken before the sauce is actually on the boil. Garnish with croûtons of fried bread (p. 25) and slices of lemon.

### POULET À L'ESTRAGON

Poach the chicken in veal stock with a few sprigs of tarragon. To serve, reduce  $\frac{1}{2}$  pint of the stock in which the chicken was cooked, thicken with a little arrowroot and add a few coarsely chopped tarragon leaves. Serve in a sauceboat and garnish the breast of the chicken with a few tarragon leaves.

### PURÉE OF CHICKEN FOR STUFFING, ETC.

Boil the chicken till very tender; mince it and rub through a sieve. To every lb. of this purée allow just over 1 gill of melted aspic jelly,  $\frac{1}{2}$  pint Velouté sauce (p. 72) and  $\frac{1}{2}$  pint slightly whipped cream. Mix the melted jelly with the chicken purée, then add the Velouté sauce, and the cream, which should only be slightly whipped. Season with salt and pepper. The mixture can be shaped into quenelles, poached, and served with various sauces.

Braised, Stewed, en Cocote, en Casserole, Fricassées

### BLANQUETTE OF CHICKEN

See Blanquette of Veal (p. 284). The chicken, however, does not want as much cooking as the veal.

### BLANQUETTE OF CHICKEN À LA SAVOYARDE

Cut the chicken into joints and season with salt and pepper. Melt  $3\frac{1}{2}$  ozs. butter in a saucepan and when hot add the pieces of chicken and 12 small onions. Cover and simmer very gently, without browning, till the chicken and onions are of a light golden colour. Then add 1 tablespoon flour and mix well. Now add  $\frac{1}{2}$  bottle dry white wine, 1 tumbler water, bouquet of herbs, 1 lump sugar and 1 clove of garlic. Season with salt and pepper, cover the saucepan and simmer till the pieces of chicken are tender. This will depend on the size and age of the bird. Just before serving, remove the herbs and the garlic and add to the sauce the yolks of 3 eggs, previously mixed with 1 wineglass cream and the juice of  $\frac{1}{2}$  lemon. Mix thoroughly, but do not allow to boil. Put the pieces of chicken on a hot dish and pour the sauce over them.

### BRAISED CHICKEN WITH OYSTERS

Melt a little butter in a saucepan or casserole and lightly brown the chicken. Remove the chicken and line the saucepan with strips of fat bacon, sliced onions and carrots and a bouquet of mixed herbs. Lay the chicken on this, after covering the breast

with slices of fat bacon. Moisten with stock or wine, season with salt and pepper and bring to the boil. Cover and braise in the oven till tender, turning the chicken occasionally. When done, put on a hot dish, remove the slices of bacon from the breast, and garnish with 3 or 4 dozen oysters, cooked for a few minutes in an Allemande sauce (p. 53). Serve with Allemande sauce in a sauce-boat.

### BRAISED CHICKEN WITH PRAWN BUTTER

Cook the chicken as in preceding recipe. Mix  $1\frac{1}{2}$  tablespoons Prawn Butter to  $\frac{1}{2}$  pint Poivrade sauce (pp. 76, 68) and pour over the braised chicken.

### BRAISED CHICKEN WITH RAVIGOTE SAUCE

Same as preceding recipes, but with Ravigote sauce (p. 69).

### CHICKEN WITH ARTICHOKE

Melt  $1\frac{1}{2}$  ozs. butter in an earthenware cocote or casserole and when hot put in the trussed chicken. Season with salt and pepper and cook slowly till the chicken is well and equally browned on all sides, turning frequently. This will take from 15 to 20 minutes. Then add 6 artichoke bottoms, previously blanched for not more than 5 minutes, and lightly browned in butter. Cover and put the cocote in a moderate oven. Simmer for another 35 to 40 minutes, according to the size and age of the bird. Just before serving add 2 or 3 tablespoons veal stock and a little lemon juice.

### CHICKEN EN CASSEROLE

Melt  $1\frac{1}{2}$  ozs. or more of butter in an earthenware casserole, put in the chicken, season with salt and pepper and cover. Put in a moderate oven and baste frequently with the butter. Just before serving, add 1 tablespoon of hot veal stock. Serve in the casserole. No sauce or garnish should be used other than the butter in which the chicken was cooked.

### CHICKEN EN CASSEROLE À LA BASQUE

Proceed as in preceding recipe, but when the chicken is half cooked add a garnish of a few dice of previously blanched gammon, 6 or 8 small potatoes, browned in butter, the same number of sliced aubergines, also browned in butter and a few sliced and blanched green pimientos. Just before serving, add a few tablespoons of white wine. Serve in the casserole.

### CHICKEN WITH MUSHROOMS

Cook the chicken as in the recipe for Chicken en Casserole (above) and, when half done, add  $\frac{1}{2}$  lb. peeled mushrooms, lightly browned in butter, and seasoned with salt, pepper and a little lemon juice.



### CHICKEN EN COCOTE

Cook the chicken in an earthenware cocote in the same manner as Chicken with Artichokes (p. 372), but instead of the artichokes, add  $1\frac{1}{2}$  ozs. gammon, cut in dice, blanched and browned in fat, 12 small onions, also cooked in butter, and 12 small potatoes. Cover and continue cooking in the oven, basting frequently. Just before serving add 1 or 2 tablespoons hot veal stock. Serve in the cocote.

### CHICKEN EN COCOTE BONNE FEMME

Slice  $\frac{1}{4}$  lb. bacon or gammon into small thin slices and brown in butter in a cocote. Remove from the butter and brown the chicken, as in preceding recipe. Then add the cooked gammon and  $\frac{3}{4}$  lbs. of small potatoes. Cover and put the cocote in the oven. Baste frequently, and before serving add 2 tablespoons veal stock.

### CHICKEN EN COCOTE À LA FERMIÈRE

Brown the chicken in butter in a cocote and then remove from the cocote. Put a layer of thinly sliced uncooked ham in the cocote, and over this place the chicken surrounded with  $2\frac{1}{2}$  ozs. of new carrots, cut in thin round slices, 2 ozs. small sliced onions, and 1 oz. shredded celery, all previously cooked in butter till tender, but without browning. Add also 2 ozs. uncooked and shredded French beans and  $\frac{1}{2}$  pint uncooked shelled peas. Moisten with a little over 1 gill of stock, cover and simmer very gently in a moderate oven for 45 to 50 minutes.

### CHICKEN EN COCOTE À LA LIMOUSINE

Stuff the chicken with  $\frac{1}{4}$  lb. sausage meat mixed with 2 ozs. of chopped mushrooms, cooked in butter. Brown the chicken in butter in a cocote. Surround it with 6 small slices of blanched gammon and add 12 or 14 chestnuts, shelled and previously boiled till almost soft in stock or water. Cover and simmer till the chicken is tender. Just before serving, moisten with 2 tablespoons veal stock. Serve in the cocote.

### CHICKEN EN COCOTE À LA PIRON

Brown the chicken in butter in a cocote dish, basting frequently and seasoning with salt and pepper. When well coloured, add small cooked potatoes, browned in butter, a few bottoms of artichokes, 2 ozs. blanched gammon, cut in dice and browned, and a few grilled tomatoes. Cover and simmer for another 15 minutes, till the chicken is tender.

## CHICKEN À LA JARDINIÈRE

Cook in the same manner as Braised Chicken with Oysters (p. 371). When done, remove from the casserole and put on a hot dish. Surround with the following vegetables, cooked in butter: small sliced carrots and turnips, French beans, flageolets, peas and clusters of cauliflower, coated with Hollandaise sauce (p. 62).

## CHICKEN À LA PROVENÇALE

Slice 2 or 3 large onions, and brown in 1 gill of oil in a casserole. Add the chicken divided into joints, sprinkle with chopped parsley, season with salt, pepper, a little nutmeg, 1 bayleaf and 1 clove of garlic. Brown the chicken, turning the pieces frequently so that they are equally coloured. Cover and simmer till tender. To serve, put the onions in the centre of a hot dish, surround with the pieces of chicken, stir 3 or 4 tablespoons white wine to the sauce in the casserole and pour over the chicken.

## CHICKEN À LA TOULOUSE

Braise the chicken as directed in Braised Chicken with Oysters (p. 371). When done, put on a hot dish and surround with the following garnish: a few sliced chicken livers, 12 small mushrooms, both cooked in butter, sliced truffles, and cock's combs (p. 388) and kidneys. Make a light *roux* (p. 48) with 1 tablespoon butter and a little flour, moisten with hot stock and the sauce in which the chicken was cooked, add 2 yolks of egg diluted with 1 tablespoon cream and the juice of 1 lemon, and pour over the vegetables. Strain the remainder of the sauce from the casserole over the pieces of chicken.

## COQ AU VIN

Slice 3 or 4 onions and brown in butter in a cocote with 3 or 4 ozs. diced and previously blanched gammon. Cut the fowl or cock in neat joints, and simmer gently for 20 minutes, turning the pieces frequently and seasoning with salt and pepper. Sprinkle with 1 tablespoon flour, cook for a few minutes longer, then add  $\frac{1}{2}$  bottle red wine (1 pint) and  $\frac{1}{2}$  pint water. Add also 4 cloves of garlic, finely chopped and a bouquet of herbs. Cover and simmer till the bird is so tender that the meat is easily detached from the bones. A few previously cooked mushrooms are sometimes added.

## CURRIED CHICKEN

Slice 3 large onions and cook in butter, with 1 clove of chopped garlic, to a light golden colour. Stir in  $\frac{1}{2}$  tablespoon curry powder, season highly with salt, add 2 quartered tomatoes and 1 or 2 tablespoons hot water. Crush the tomatoes with the back of a wooden spoon to extract the juice. Then add the chicken,

divided into neat joints, and cover with  $\frac{1}{2}$  pint hot water. Simmer gently for 1 to 1  $\frac{1}{2}$  hours, adding more hot water if the sauce is too thick. 30 minutes before serving, add 3 more tomatoes, peeled and finely chopped.

#### FRICASSÉE OF CHICKEN À L'ANGEVIN

Divide the chicken into joints and brown in butter in a saucepan with 12 small pickling onions, and the same number of button mushrooms, seasoning with salt and pepper. Pour over 1 pint white wine, cover and simmer gently for 30 to 35 minutes. Before serving, stir in 1 gill cream.

#### FRICASSÉE OF CHICKEN À L'ALSACIENNE

Divide the chicken in joints and brown in butter, seasoning with salt and pepper. Cover with 1 pint stock and simmer for 1 hour. 20 minutes before serving make a light *roux* (p. 48) with 1 tablespoon butter and a little less flour, and dilute with 1 gill stock and 1 white wine. Stir and simmer, seasoning with salt, pepper, and grated nutmeg. Just before serving, add this sauce to the chicken, stir well and add 3 yolks of egg mixed with  $\frac{1}{2}$  pint cream. Put the chicken on a hot dish, pour the sauce over it and cover with previously cooked mushrooms. Garnish with croûtons of Puff pastry (p. 539), covered with a little Prawn butter (p. 76).

#### FRICASSÉE OF CHICKEN À L'ANCIENNE

See Fricassée of Veal (p. 289). Ten minutes before serving, add 12 pickling onions boiled in stock, and the same number of small boiled mushrooms. Garnish the dish with small croûtons of puff pastry.

#### FRICASSÉE OF CHICKEN À LA MODE DE BRESSE

Joint the chicken and blanch in boiling water for 5 to 8 minutes. Drain and dry thoroughly. Put the pieces of chicken in a saucepan with 1 heaped tablespoon butter, and 1 large whole onion and cook gently till a light golden colour, but without browning. Season with salt and pepper, cover with  $\frac{1}{2}$  pint white stock, and add a bouquet herbs and a sprig of tarragon. Simmer for 1 hour or more, till the chicken is tender. 15 minutes before serving, remove the onion and herbs, and add  $\frac{1}{2}$  pint cream and 1 yolk of egg, stirring well, but without allowing the sauce to boil. Serve on slices of bread fried in butter, sprinkle with chopped tarragon and garnish with slices of lemon.

#### FRICASSÉE OF CHICKEN AUX ÉCREVISSES

Proceed as in Fricassée of Chicken à l'Ancienne (above) but

10 minutes before serving add 12 small boiled mushrooms and 12 shelled Dublin prawns. Just before serving add  $1\frac{1}{2}$  ozs. Prawn butter to the sauce (p. 76).

### FRICASSÉE OF CHICKEN À LA MÉNAGÈRE

Proceed as in Fricassée of Chicken à l'Ancienne, but omitting the onions and mushrooms. It can be served plain, or with a garnish of vegetables cooked separately.

### POULARDE À LA VIEILLE FEMME

Braise a fowl (p. 89 for Braising) with 1 lb. knuckle of veal, 1 onion, stuck with cloves, 1 sliced carrot, stick of celery, clove of garlic, stock, and salt and pepper. When done, remove the fowl from the saucepan and strain the sauce. Melt 1 tablespoon butter in a saucepan, make a light *roux* (p. 48) with 1 tablespoon flour, and dilute with  $\frac{1}{2}$  pint of the strained sauce. Simmer for 20 to 30 minutes, and add the yolks of 3 eggs diluted with 6 tablespoons cream and seasoned with cayenne. Carve the fowl, put on a hot dish, cover with the sauce and previously cooked mushrooms.

### POULE AU RIZ AU SAFRAN

Braise the fowl with a large onion, stuck with cloves, 6 small tomatoes cut in half, 2 cloves of garlic, bouquet of herbs, stick of celery, sprig of tarragon and 1 gill of stock and 1 of white wine. Season with salt and pepper and simmer for  $1\frac{1}{2}$  hours, or till the bird is tender. Melt 1 tablespoon lard in a deep pan, add 1 tablespoon finely chopped onion and 1 breakfastcup of well-washed rice. Moisten with the strained sauce and cook in the same manner as *Risotto* (p. 535) to which a little saffron has been added. To serve, put the fowl on a hot dish and surround with the rice.

### POULET SAUTÉ CHASSEUR

See *Sauté de Veau Chasseur* (p. 292).

### RAGÔUT DE POULET

Cut the chicken into joints and brown in a saucepan or casserole in  $1\frac{1}{2}$  ozs. butter, with 4 or 5 thickly sliced potatoes. Sprinkle with flour, mix thoroughly and, when the flour has browned slightly, season with salt and pepper and 1 clove of garlic. Add  $\frac{1}{2}$  pint of stock and simmer for  $1\frac{1}{2}$  hours.

### STUFFED CHICKEN EN COCOTE

Stuff the chicken with the following mixture: Clean and pick  $\frac{1}{4}$  lb. chicken livers and chop very finely, mixing with 2 chopped shallots, 1 small onion, 2 or 3 sprigs of parsley, mixed herbs,

and a handful of bread, soaked in milk and pressed. Season with salt and pepper, and lightly brown in butter for 10 to 15 minutes. Bind with 1 whole egg. Melt 3 ozs. butter in a cocote and brown the chicken, turning it and basting frequently. Season with salt and pepper, cover and place in a moderate oven. Simmer gently till quite tender. The time depends on the size and weight of the bird. Baste frequently. When done, put on a hot dish, carve, and strain over it the butter in which it was cooked.

### FRIED CHICKEN

It is preferable to use boiled, poached or braised cold chicken for frying. The chicken should be carved into joints, the skin removed, and the pieces of chicken put in a deep dish and sprinkled with a little oil, lemon juice, salt, pepper and finely chopped herbs. Let stand for 1 hour and use as required.

### DEVILLED FRIED CHICKEN

Dip the pieces of chicken, prepared and cooked as in preceding recipe, in flour, then coat with yolks of egg, and fine white breadcrumbs, mixed with salt, and 1 teaspoon or more of mustard powder, according to taste. Fry in deep fat (p. 87) to a light golden colour. Drain and serve with either Mustard Butter or a Devilled sauce (pp. 75, 60).

### FRIED CHICKEN (plain)

The same as in preceding recipe, but without the mustard powder. Serve with a Robert or Piquante sauce (pp. 70, 67).

### FRIED CHICKEN IN BATTER

Marinate the cooked jointed chicken as indicated on p. 82. Dip each piece in frying batter (p. 83) and fry in deep fat (p. 87). When lightly browned, drain and serve with Tomato sauce (p. 71).

### FRIED CHICKEN À LA BÉCHAMEL

Coat the cooked pieces of cold chicken with thick cold Béchamel sauce (p. 52). Sprinkle with flour, coat with yolk of egg and white breadcrumbs, and fry in deep fat. Drain, and serve with Béchamel sauce.

### FRIED CHICKEN WITH CREAM SAUCE

Season the pieces of marinated cold chicken with salt and pepper, coat with flour, and cook to a light golden colour in butter. Drain, put on a hot dish, and cover with Cream sauce (p. 59).

**FRIED CHICKEN À L'INDIENNE**

Dip the pieces of cooked chicken in flour, coat with yolk of egg, and fine white breadcrumbs seasoned with salt and mixed with 2 teaspoons of curry powder. Fry in deep fat, drain and serve with the same sauce as Escalopes of Veal à l'Indienne (p. 301).

**FRIED CHICKEN AU PARMESAN**

Proceed as in foregoing recipe, but coat the pieces of chicken with white breadcrumbs mixed with an equal quantity of Parmesan cheese. Fry in deep fat, drain and pour a little Brown Butter (p. 55) over the chicken.

**FRIED CHICKEN OR POUSSINS WITH SAUSAGES AND TOMATOES**

For this dish only very young chickens or poussins should be used. Cut the uncooked chicken or poussin in half, roll in flour, season with salt and pepper, coat with yolk of egg and breadcrumbs, and fry in deep fat (p. 83). Drain and serve with fried sausages, and a few tomatoes baked in the oven and sprinkled with parsley.

**FRIED CHICKEN WITH TARTARE SAUCE**

Proceed as in foregoing recipe, but serve with Tartare sauce (p. 71).

**FRIED POUSSINS**

Proceed as in foregoing recipe, drain and serve with a garnish of watercress.

**FRITOT OF CHICKEN**

Cut the white meat of the chicken into thin slices, marinate as indicated on p. 82, dip in flour, coat with yolk of egg and breadcrumbs, and fry in deep fat (p. 83). Drain, and place on a folded napkin on a hot dish, with a garnish of fried parsley. Serve with a Tomato sauce (p. 71).

**LEGS OF CHICKEN À LA BAYONNAISE**

Bone the legs of cooked chickens, and marinate (p. 82), adding 1 or 2 cloves of garlic to the marinade. Let stand for 3 hours. Sprinkle with flour and fry in lard. Drain, put on a hot dish, and cover with sliced onions, fried to a golden brown. Over the whole pour a Poivrade sauce (p. 68).

**POUSSINS À LA VIENNOISE**

Split or quarter the poussins, sprinkle with salt and let stand for 1 hour. Proceed as in foregoing recipes for Fried Poussins (above). Serve with a lettuce salad and slices of hard-boiled egg or garnish in the same way as Wiener Schnitzel (p. 302).

**GRILLED CHICKEN**

See p. 86 for method of grilling.

• **CHICKEN À LA CRAPAUDINE**

Split the chicken, but without separating one half from the other, and flatten. Run a skewer through the wings, to hold together, season with salt and pepper, brush over with melted butter, and roast in the oven till partially cooked. Remove from the oven, sprinkle with breadcrumbs and moisten with more melted butter and grill. Serve with a Devilled sauce (p. 60).

**GRILLED CHICKEN**

Split the chicken and prepare as in preceding recipe, but do not roast. Season with salt and pepper, brush over with melted butter or oil and grill. Serve without any garnish or sauce.

**GRILLED CHICKEN WITH BACON**

Proceed as in foregoing recipe, but serve with slices of grilled or fried bacon.

**GRILLED CHICKEN DEVILLED**

Proceed as in Chicken à la Crapaudine (above). When partially cooked in the oven, brush over with mustard, sprinkle with cayenne, then coat with breadcrumbs, and grill. Garnish with slices of lemon and serve with a Devilled sauce (p. 60).

**GRILLED CHICKEN À LA MAÎTRE D'HÔTEL**

Proceed as in recipe for Grilled Chicken. Serve with pats of Maître d'Hôtel Butter (p. 75).

**GRILLED CHICKEN WITH MUSTARD BUTTER**

Same as preceding recipe. Cover the chicken with half melted Mustard Butter (p. 75).

**GRILLED CHICKEN WITH PIQUANTE SAUCE**

Same as preceding recipe. Garnish with sliced gherkins and serve with Piquante sauce (p. 67).

**GRILLED CHICKEN WITH PRAWN BUTTER**

Same as in preceding recipe. Serve with pats of very cold Prawn Butter on a glass dish (p. 76).

**GRILLED CHICKEN WITH SAUCE RAVIGOTE**

Same as preceding recipe, but serve with a Ravigote sauce (p. 69).

**GRILLED CHICKEN À LA TARTARE**

Prepare in the same way as Grilled Chicken Devilled (p. 379). Garnish with sliced gherkins and serve with Tartare sauce (p. 71).

**ROAST CHICKEN**

Cover the breast of the chicken with fat bacon, dredge the bird with salt, put a small piece of lightly salted butter inside it, if not stuffed, and put on a trivet in a meat tin in a hot oven for the first 8 to 10 minutes. Cook in a moderate oven, allowing from 18 to 20 minutes to the lb. and basting frequently with butter. When nearly done, remove the slice of bacon and let the breast get lightly browned. To serve, put on a hot dish, add 3 or 4 tablespoons of boiling water to the sediment in the meat pan, scrape and mix well and strain through a wire sieve, either over the carved bird, or in a sauceboat.

**CHICKEN À LA FRANÇAISE WITH PEAS**

Roast the chicken as in preceding recipe, and put on a hot dish. Surround with Peas à la Française (p. 491).

**CHICKEN STUFFED WITH TRUFFLES**

For a 3½ to 4 lb. bird allow 1 lb. truffles and 1 lb. pork fat. Wash the fresh truffles very carefully with a stiff brush in several waters, and peel very carefully (p. 507). Keep 2 or 3 of the largest ones, which should be thinly sliced and slipped under the skin of the breast. Cut the remaining truffles in quarters, if large, or in half, if small. Put them in a basin or salad bowl, with 4 tablespoons brandy, 3 of Madeira, 2 tablespoons salad oil, a sprig of thyme, a pinch of mixed spices, and a little salt. Cut the pork fat in small pieces, pound in a mortar, and warm slightly. Rub through a sieve, with the pounded peelings from the truffles. Now put in a saucepan, on a very slow fire, and when just melted and barely warm, add the truffles and their marinade of brandy, etc. Mix well, and remove from the saucepan. When quite cold and set, stuff the chicken with the mixture. Roast, basting frequently.

**POULARDE AU BEURRE DE CREVETTES**

Stuff the chicken (Roast Stuffed Chicken, p. 381), seasoning the stuffing with a little tarragon. Roast, and serve with pats of Prawn Butter (p. 76).

**POULARDE À LA SACHER (Viennese)**

Mix ½ lb. sausage meat with 1 minced goose liver, and cook in goose fat, seasoning with salt and pepper. Add, when nearly done 3 or 4 tablespoons of Madeira. Stuff the chicken with this,



and roast. Garnish with slices of blanched lambs' sweetbreads (p. 28), cooked asparagus tips, new carrots and potatoes.

### POULET FARCI À LA BERRICHONNE

Stuff the chicken with the following mixture and roast it. Mix and mince a  $\frac{1}{4}$  lb. fresh pork with the chicken liver, 1 small onion, parsley, and a seasoning of salt and pepper. Add this to  $\frac{1}{2}$  pint of Chestnut purée (p. 473).

### POUSSINS WITH CREAM SAUCE

Roast the poussins, and when done put on a hot dish and pour a Cream sauce over them (p. 59).

### ROAST CHICKEN (English)

Roast the chicken, and garnish the dish with grilled or fried sausages and bacon. Serve with Bread sauce (p. 55).

### ROAST CHICKEN, STUFFED

Stuff the chicken with the following mixture: Chop 6 ozs. chicken livers finely, mix with 1 or 2 handfuls of soaked and pressed bread (according to size of chicken)  $\frac{1}{2}$  a finely chopped onion, parsley, a sprig of thyme. Brown in butter, seasoning with salt and pepper, and finally binding with 1 or 2 eggs. It is advisable to stuff the chicken the day before it is to be cooked, as it then becomes flavoured with the stuffing.

Chicken can also be stuffed with sausage meat, which should always be lightly cooked before it is used.

### ROAST CHICKEN, STUFFED WITH MUSHROOMS

Stuff the chicken with  $\frac{1}{2}$  lb. sausage meat mixed with 2 ozs. chopped mushrooms, cooked in butter.

### STUFFED CHICKEN À LA VIENNOISE

Lard the chicken (p. 27) and stuff with 5 or 6 tablespoons cooked rice, mixed with 2 tablespoons boiled peas, 3 or 4 cooked chopped mushrooms, moistened with a little stock, seasoned with salt and pepper, and with egg to bind. Roast the bird and serve with boiled cauliflower and Tomato sauce (p. 71).

### SAUTÉ CHICKENS

Always choose a young chicken for this preparation. It should not weigh more than  $2\frac{1}{4}$  lbs. before trussing. The bird should be carefully and neatly divided into joints. Whatever the ultimate way in which the chicken is to be garnished or dressed, the preliminary mode of cooking remains the same: Take a sauté pan or a deep frying pan in which the chicken will just

fit, but without being too closely packed. Melt  $1\frac{1}{2}$  to 2 ozs. butter, or butter and oil, and when very hot (be careful not to let it brown) add the pieces of chicken, lightly seasoned with salt and pepper. Turn the pieces, so that they colour equally on every side, but do not prick them with a fork. As soon as they are a light golden colour, either continue cooking on a very slow fire, or cover the pan and finish cooking in the oven. The thinner and more delicate pieces, such as the wings and breast should be removed and kept hot, as soon as cooked, and more time should be allowed for the thicker pieces. When done place all the pieces on a dish. Drain off a little of the butter in which the chicken was cooked, and rapidly mix the sediment in the pan with whatever liquid is to be used—either wine, stock, etc. Rapidly reduce, and add whatever sauce is being used. The thicker pieces of chicken are put in the sauce, the more delicate and tender ones being added later. When done, the pieces of chicken are piled in an entrée dish, and any additional seasoning or butter, etc., is added to the sauce, which is then poured over the chicken. When the chicken is to be served with a white sauce, the pieces of chicken are cooked for only a few minutes on the fire and then the pan is put in the oven, and the bird simmered very gently.

### CHICKEN SAUTÉ WITH OYSTERS

Cook the chicken as in preceding recipe, but in oil only, and with  $\frac{1}{2}$  onion, 2 mushrooms,  $\frac{1}{4}$  stick of celery, all cut in dice, and a little parsley. Finish cooking in the oven. Put the pieces of chicken on a hot dish, pour away most of the oil from the pan, mix in 3 or 4 tablespoons of veal stock, reduce and add  $\frac{1}{2}$  pint Velouté sauce (p. 72). Reduce again rapidly, rub through a sieve and pour over the chicken with 12 large bearded oysters.

### CHICKEN SAUTE WITH PAPRIKA

Cook the chicken as in the preceding recipe but in butter, with  $\frac{1}{2}$  chopped onion. Sprinkle with 1 tablespoon paprika, and add 3 chopped tomatoes. Simmer till done. Place the pieces of chicken on a hot dish and surround with rice. Add 1 gill sour cream to the tomatoes and onions, strain and rub the vegetables through a sieve, and pour the whole over the chicken.

### PAELLA A LA VALENCIANA (Spanish)

*(Rice with chicken, shellfish, etc.)*

Cook the chickens in butter, as indicated (Sauté Chicken, p. 381), and when a light golden colour add 1 or 2 cloves of garlic, and  $\frac{1}{2}$  lb. rice, which after a minute or so is moistened with hot water. Now add a handful of cooked peas, beans, a few arti-

choke bottoms, cut in quarters, pieces of cooked lobster, crab, clams and mussels. The whole should be highly seasoned with salt, pepper,  $\frac{1}{2}$  a bayleaf, and a liberal pinch of saffron. Cook on a fairly brisk fire, stirring and mixing frequently. When the rice has absorbed all the moisture, and is dry and each grain quite separate, the dish is ready, and should be served at once in the pan in which it was cooked.

### POULET SAUTÉ À L'ARLÉSIENNE

Cook the chicken in oil. When done, pile on a hot dish, pour off a little of the oil from the pan, add 1 clove of crushed garlic, 4 or 5 tablespoons white wine, and 1 gill Tomato sauce (p. 71). Reduce slightly and pour over the chicken. Garnish with slices of aubergines fried in oil (p. 453) and slices of tomatoes cooked in butter.

### POULET SAUTÉ À LA BASQUAISE

Cook the chicken in pork fat instead of butter, and add 12 small pickling onions,  $\frac{1}{4}$  lb. uncooked lean ham cut in dice, and a few pimientos, shredded coarsely. When done, put the pieces of chicken and the vegetables on a hot dish. Pour away the fat from the pan, add 3 or 4 tablespoons of white wine, 1 gill thin Tomato sauce (p. 71) and pour over the chicken.

### POULET SAUTÉ BERCY

Cook the chicken in butter and put on a hot dish. Add 1 tablespoon of finely chopped shallots to the butter in which the chicken was cooked, 6 tablespoons white wine, the juice of  $\frac{1}{2}$  a lemon,  $1\frac{1}{2}$  ozs. butter and mix thoroughly. Then add 6 previously boiled chipolata sausages, cut in thin slices, and  $\frac{1}{4}$  lb. mushrooms, cooked in butter. Pour the whole over the chicken and sprinkle with a little parsley.

### POULET SAUTÉ À LA BORDELAISE

Cook the chicken in butter and put on a hot dish. Garnish with cooked artichoke bottoms, thin slices of Sauté Potatoes (p. 499), and rings of fried onions, placing a small bunch of fried parsley between the different vegetables. Mix 6 tablespoons of chicken stock with the butter in the pan and pour over the whole.

### POULET SAUTÉ À LA BOURGUIGNONNE

Brown lightly in butter a  $\frac{1}{4}$  lb. of previously blanched gammon cut in dice, 8 pickling onions, and 3 ozs. quartered mushrooms. When done, remove from the pan, and cook the chicken in the same butter. When the chicken is lightly browned, replace the gammon, etc., in the pan, and finish cooking in the oven.

Put the chicken on a hot dish with the garnish, and add  $\frac{1}{2}$  pint red wine to the butter, with 1 crushed clove of garlic. Reduce, and thicken the sauce with 1 oz. butter worked with 1 teaspoon flour. Stir, and pour the sauce over the chicken.

### POULET SAUTÉ CHASSEUR

Cook the chicken in oil and butter and put on a hot dish when done. In the same fat, cook  $\frac{1}{4}$  lb. chopped mushrooms and 3 chopped shallots. Add 6 tablespoons white wine and 6 of thin Tomato sauce (p. 71), and a little chopped tarragon and chervil. Pour over the chicken and sprinkle with a little parsley.

### POULET SAUTÉ À L'ESTRAGON

Cook the chicken in butter and put on a hot dish. Add 6 tablespoons white wine to the butter, mix well, and add 6 tablespoons Demi-Glace or Espagnole sauce (pp. 60, 50) flavoured with tarragon. Pour the sauce over the chicken and decorate with a few blanched tarragon leaves.

### POULET SAUTÉ AUX FINES HERBES

Cook the chicken in butter and, just before putting on a dish, sprinkle with 1 tablespoon chopped shallots. For the sauce, proceed as in foregoing recipe, but without the tarragon flavouring. When done, remove the saucepan from the fire, stir in  $1\frac{1}{2}$  ozs. butter and 1 teaspoon of chopped parsley, tarragon and chervil and pour over the chicken.

### POULET SAUTÉ MARCELLE MORPHY

Cook the jointed chicken in butter, but without browning. Finish cooking in the oven. It should be a light golden colour. Put on a hot dish and stir 1 wineglass of brandy in the butter in which the chicken was cooked. Mix the yolks of 2 eggs in a basin with  $\frac{1}{2}$  pint of cream and 1 or 2 tablespoons sherry or Madeira. Stir this into the sauce, but without letting it boil. Pour over the chicken.

### POULET SAUTÉ MARENGO

Cook the chicken in oil and put on a hot dish. Drain the oil from the pan, add 6 tablespoons white wine and reduce rapidly by half. Add  $1\frac{1}{2}$  tablespoons thick Tomato sauce (p. 71), 1 clove of crushed garlic, 10 small cooked mushrooms, a few slices of truffle and 6 tablespoons thickened veal stock. Replace the pieces of chicken in the sauce and cook for a few minutes. Then put the pieces of chicken on a hot dish, pour the sauce, the mushroom and truffles over them and garnish with 4 large croûtons of fried bread (p. 25), 4 Dublin prawns and 4 fried eggs. Sprinkle with chopped parsley.



ABOVE: *Stuffed roast turkey, with pork sausages*  
BELOW: *Braised brisket with young vegetables*



*Cold salmon, with mixed salads*

**POULET SAUTÉ À LA MARSEILLAISE**

Cook the chicken in oil and when half done, add 1 crushed clove of garlic, 2½ ozs. shredded green pimientos, and 3 small quartered tomatoes. When done, put on a hot dish, add 6 tablespoons white wine and 1 lemon juice, and reduce rapidly. Pour the sauce and the garnish over the chicken.

**POULET SAUTÉ MARYLAND**

Dip the pieces of chicken in flour, coat with yolk of egg and breadcrumbs and cook in butter. Put on a hot dish on slices of grilled bacon. Serve with Horseradish sauce (p. 63).

**POULET SAUTÉ AUX OIGNONS**

Cook the chicken in butter, to a light golden colour. Put on a hot dish and in the same butter cook 5 or 6 onions, thinly sliced, but without browning. Surround the chicken with the cooked onions, add 1 tablespoon stock to the butter, mix well and pour over the chicken.

**POULET SAUTÉ PARMENTIER**

Colour the pieces of chicken lightly in butter and add ¾ lbs. potatoes cut in large dice and slightly browned in butter. Finish cooking in the oven. When done, put the chicken on a hot dish and surround with the potatoes. Add 6 tablespoons white wine to the butter, reduce, and pour over the chicken. Sprinkle with a little chopped parsley.

**POULET SAUTÉ À LA PORTUGAISE**

Cook the chicken in butter and oil and, when two-thirds done, drain off some of the fat and add ½ a chopped onion and 1 clove of crushed garlic. When the onion is lightly browned, add 2 peeled and chopped tomatoes, 2 ozs. cooked mushrooms, thinly sliced and 2 tablespoons white wine. Cook till done, and place the whole on a hot dish. Garnish with a few small tomatoes cooked in oil.

**POULET SAUTÉ À LA PROVENÇALE**

Cook the chicken in oil and put on a hot dish. Pour away most of the oil and add 6 tablespoons white wine, 1 crushed clove of garlic, 4 peeled and chopped tomatoes, 4 fillets of anchovy cut in dice, and 12 black olives, stoned and blanched. Add a sprig of chopped sweet basil and simmer for 5 minutes. Pour the whole over the chicken.

**POULET SAUTÉ AUX TRUFFLES**

Cook the chicken in butter and, when ready, add 6 ozs. thinly sliced uncooked truffles (for preparation of truffles, p. 507).

Cover the pan and cook for 5 minutes. Then add 1 wine glass Madeira, and 6 tablespoons Demi-glace or Espagnole sauce (pp. 60, 50). Cook for 2 or 3 minutes more and put on a hot dish, pouring the sauce over the chicken and truffles.

### Sundries

#### CHICKEN BARTOLOMEO CALDERONI

Flatten and prepare the chicken as for grilling (p. 86). Rub over with salt and make 18 or 20 incisions in the bird and in each put a clove of peeled garlic. Put the chicken in a deep frying pan with 6 to 8 ozs. of butter, divided in small pieces, and lay a sprig or two of rosemary over the chicken. Cover the pan with a dish, and cook on a very slow fire for 1 to 1½ hours, basting frequently with the butter. When done, the chicken should be of a light golden colour and very tender. Put on a hot dish, carve, and pour the butter over it.

#### CHICKEN CROQUETTES

These are usually made with cooked chicken, mushrooms and ham or truffles, in the following proportions: To every lb. of chicken, allow ½ lb. mushrooms, ⅓ of ham and ⅓ of truffles, all cut in small dice. This is mixed with just over 1 gill Velouté or Béchamel sauce (pp. 72, 52), flavoured with mushrooms, and the yolks of 3 eggs to bind. They can be shaped in various ways, the most usual being rectangles weighing about 2 to 2½ ozs. The croquettes, when quite cold, are rolled in flour, coated with yolk of egg and white breadcrumbs and fried in deep fat. They can be served with various sauces.

#### CHICKEN LIVERS

Pick carefully, removing the gall bladder. They are cooked in the same manner as Sheep's Kidneys (p. 335), the best recipes which are applicable being *En Brochette*, *Sauté Chasseur*, *Au Gratin*, etc.

#### CHICKEN LOAF

See *Veal Loaf*, p. 304.

#### CHICKEN PIE

Divide a young chicken into neat joints. Line the bottom of a pie-dish with thin slices of veal and ham, add 3 or 4 large chopped mushrooms, 2 shallots, a little chopped parsley and season with salt and pepper. Moisten with white stock and lay the pieces of chicken over this. Add more mushrooms and shallots, a few slices of hard-boiled eggs and ¾ fill the dish with stock. Cover with either short or puff pastry (pp. 541, 539) and



bake in a quick oven till the pastry has risen, and then more slowly for  $1\frac{1}{2}$  hours. Always leave a small opening for the steam to escape. •

### CHICKEN QUENELLES

See Mousse and Mousseline of Ham (p. 356.)

### CHICKEN AU GRATIN

Put a thin layer of Duxelles sauce (p. 60) in a scallop shell, cover with thinly sliced breast of cooked chicken, and garnish with a cooked mushroom. Cover with more Duxelles sauce, sprinkle with breadcrumbs and moisten with melted butter. Put in a quick oven to brown.

### CHICKEN MORNAY

Proceed as in foregoing recipe, but with Mornay sauce (p. 65), omitting the mushroom and sprinkling with grated cheese as well as breadcrumbs.

### CHICKEN RISsoles

See Chicken Croquettes (p. 386). Prepare in the same manner, but instead of coating with breadcrumbs, place a little of the mixture on a round of either puff pastry or short crust (pp. 539, 541),  $3\frac{1}{2}$  to 4 inches in diameter. Fold the pastry over, pressing down the edges, brush over with yolk of egg and fry in deep fat (p. 87) to a light golden colour.

### CHICKEN WITH RICE (Spanish)

Cut the chicken into neat joints and cook in butter to a golden colour, seasoning with salt and pepper. Add 3 chopped onions, previously fried in oil,  $\frac{1}{4}$  lb. gammon cut in cubes and previously fried in butter, and  $\frac{1}{2}$  lb. of either quartered or sliced tomatoes. Now add 1 breakfast cup of rice, season highly with salt and pepper, moisten with chicken stock and cook till the rice is tender, adding more stock if necessary. When done, put on a hot dish and garnish with pimientos fried in oil, cooked asparagus tips, cooked peas and a sprinkling of chopped parsley. •

### CHICKEN SOUFFLÉ

Pound 1 lb. cooked chicken meat in a mortar, adding 6 tablespoons cold Béchamel sauce (p. 52). Rub through a sieve and warm in a saucepan, but without boiling. Add  $1\frac{1}{2}$  to 2 ozs. butter, the yolks of 5 eggs, and mix thoroughly. Remove from the fire and, when nearly cold, add the whites of 6 eggs, beaten to a stiff froth. Put the mixture in a buttered soufflé dish, filling it only  $\frac{3}{4}$  full, and place in a fairly brisk oven at first. When the soufflé begins to rise, lower the temperature. Bake for 20 to 25 minutes and serve at once.

### COCKS' COMBS

Cocks' combs and kidneys are often used as a garnish in vol-au-vent, and other preparations. Soak the cocks' combs in cold water for 3 or 4 days, changing the water frequently. This makes them whiter and more tender. Put them in a small saucepan and cover with plenty of cold water. Bring to the boil very gradually, and before the water actually boils, remove at once from the fire and drain. It is most important to remove the cocks' combs from the water before it has reached boiling point, as otherwise the combs will remain red and be tasteless. Put in a cloth with bay salt, rub lightly in order to remove the skin, and soak once more in cold water for 5 or 6 hours. Wash thoroughly so as to rid them of any blood, and trim off the thin tops of the combs. Cook in a boiling "blanc" (p. 80), and simmer very gently for 25 minutes. They are then ready for use.

Cocks' kidneys should be soaked for 24 hours in cold water. They are not skinned and are cooked in the same "blanc" as the combs, but for 10 minutes only. When bought already prepared in bottles or tins, all that is necessary is to drain thoroughly and warm them up in a little salted water.

### FILLETS OR BREASTS OF CHICKEN

Carefully remove the breast of an uncooked chicken, leaving it whole. In the case of a large chicken, the fillet or breast can be carved in 2 or 3 slices.

### FILLETS OF CHICKEN ALEXANDRA

Season the fillets with salt and pepper, and put them in a deep sauté pan in hot melted butter. Cover, and put in a hot oven. Cook for 5 to 10 minutes, when they should be quite tender. Put on a hot dish, cover with a few slices of truffles, and with Mornay sauce (p. 65). Glaze for 3 or 4 minutes in a hot oven, and garnish with asparagus tips, cooked in butter.

### FILLETS OF CHICKEN MARYLAND

See Chicken Sauté Maryland (p. 385).

### FILLETS OF CHICKEN WITH MUSHROOMS

Cook the fillets as in recipe for Fillets of Chicken Alexandra (p. 388). Put on a hot dish, garnish with mushrooms and cover with a white Mushroom sauce (p. 65).

### GALANTINE OF CHICKEN

Bone the chicken, lay it on a dish, season with salt and pepper and moisten with a little brandy and Madeira. Pound 1 lb.

lean veal, 1 lb. salt pork and  $\frac{1}{2}$  lb. lean pork in a mortar, and rub through a sieve. Cut 6 ozs. blanched gammon, and the same quantity of veal and cooked ham in dice, as well as a few truffles. Put in a terrine, season with salt, pepper, and allspice. Moisten with a little brandy and Madeira, and let stand for about 20 minutes and then mix with the sieved meat. Lay the boned chicken on a wet cloth, put the stuffing in the middle, and tie up neatly in the cloth. Tie both ends up with string and the middle as well. Poach or boil gently in veal stock (stock for aspic jelly, p. 44) for  $2\frac{1}{2}$  to 3 hours. Remove from the saucepan, put on a dish with either a board or another dish over it, and place a weight on top. Let stand till quite cold, preferably for 12 hours. Untie, put on a dish and garnish with aspic jelly.

### GIBLETS

The gizzard, neck and liver should be skinned and well washed, and the feet should be scalded and skinned. The gall bladder should be carefully removed from the liver.

### GIBLETS À LA BOURGUIGNONNE

Lightly brown in butter  $\frac{1}{4}$  lb. gammon, cut in dice, and, when done, remove from the saucepan and in the same butter put 1 lb. of prepared giblets—with the exception of the livers, which are added only 10 to 15 minutes before serving—and 1 or 2 coarsely chopped onions. Sprinkle with 2 tablespoons flour, and when brown, add  $\frac{1}{2}$  pint red wine and 2 pints light stock or water. Season with salt and peppercorns, 1 clove of crushed garlic, and a bouquet of herbs. Bring to the boil, skim and simmer for  $1\frac{1}{2}$  to 2 hours till quite tender. 15 minutes before serving, drain the giblets, put them in another saucepan with the diced gammon, 20 pickling onions cooked in butter, and the livers, cut in slices. Reduce the sauce and strain over the giblets. Cook gently for 10 minutes longer and serve.

### GIBLETS WITH CHIPOLATA SAUSAGES

The same as preceding recipe, but using white wine instead of red. Serve with sliced fried chipolata sausages, and strain the sauce over the whole.

### MOUSSE OF CHICKEN

See Mousse of Ham (p. 356).

### STUFFED LEG OF CHICKEN

Bone the leg of a large chicken or fowl carefully and stuff the inside with forcemeat of some kind, sausage meat, or the same mixture as Chicken Forcemeat (p. 371). Sew up the

opening carefully and braise it (p. 89 for Braising). Or it can be braised and served cold, covered with either a Brown or a White Chaud-Froid sauce (pp. 57, 58).

### VOL-AU-VENT OF CHICKEN

Fill the vol-au-vent case (p. 542) with small thin slices of cooked breast of chicken, Chicken Quenelles (p. 387) mixed with Allemande or Béchamel sauce (pp. 53, 52), and add sliced cooked mushrooms and truffles. Put in the oven to get thoroughly hot.

### VOL-AU-VENT À LA FINANCIÈRE

Garnish the vol-au-vent with thin slices of breast of chicken, Chicken Quenelles (p. 387), small cooked mushrooms, cocks' combs and kidneys (p. 388), sliced truffles, and a few stoned olives. Serve with an Espagnole sauce (p. 50), flavoured with Sherry or Madeira.

### CAPON

Most of the recipes given for chicken are applicable to capons.

### Turkey

#### AILE DE DINDE (Wing of Turkey)

Remove the wings carefully from an uncooked turkey, season with salt and pepper and cook in butter to a light golden colour, but without browning. Finish cooking in the oven, basting frequently. When done, put on a hot dish, pour the butter in which they were cooked over them, and serve with a Chestnut purée (p. 473).

#### AILE DE DINDE EN GELÉE (Wing of Turkey in Aspic)

Bone the cooked wing of turkey carefully, and coat with half-melted aspic jelly (p. 46) flavoured with Madeira. Or the wings may be coated with Chaud-Froid sauce, either brown or white (pp. 57, 58).

### BOILED OR POACHED TURKEY

The same as Boiled or Poached Chicken (p. 366), but allowing more liquid and ingredients according to the size of the bird. The turkey can be stuffed with sausage meat. In England, it is usually served with boiled ham or tongue and with Celery or Béchamel sauce (pp. 56, 52).

### BOILED OR POACHED TURKEY IN THE YORKSHIRE FASHION

Bone the turkey without removing the wings, and stuff it with Veal Forcemeat and a previously boiled Calf's tongue (pp. 79, 315). Sew up the pouch of the bird, and truss for boiling, inserting

the feet in their natural position and giving the bird as nearly as possible its original form. Sew the whole up in a buttered napkin, and boil or poach, as in preceding recipe, for 2 hours. When done, unwrap the turkey, put on a hot dish, and garnish with cooked carrots, turnips, cauliflower and peas. Serve with a White Sauce (p. 73), made with the stock in which the turkey was boiled.

### DEVILLED TURKEY

Coat pieces of cold roast turkey thinly with Devilled Butter (p. 74) and grill. Serve with a little melted Devilled Butter.

### DINDON ROULÉ

Bone the turkey, cut in half, and stuff with highly spiced forcemeat or sausage meat. Roll each half and tie with string and cover with strips of fat bacon. Line an earthenware saucepan with sliced onions, carrots, a turnip and put the rolled turkey over these. Add 1 gill stock and a glass white wine and season with 3 or 4 cloves of garlic, sprig of thyme, sweet basil, tarragon, a bayleaf, salt and pepper. Cover and simmer for 1½ to 2 hours or longer, according to the size of the bird. When done, put on a hot dish, remove the bacon and string, and strain the sauce over the whole.

### DINDONNEAU CHIPOLATA

Braise the turkey (p. 89 for Braising) and when done, put on a hot dish. Garnish with a few onions, browned in butter, fried and sliced chipolata sausages, diced gammon, blanched and browned in butter, and whole boiled chestnuts. Strain a little of the sauce over all.

### DINDONNEAU À L'ESTRAGON

Braise the turkey, adding a little tarragon to the seasoning. When done, place on a hot dish, decorate the breast of the bird with a few tarragon leaves and strain the sauce over the bird.

### GALANTINE OF TURKEY

See Galantine of Chicken (p. 388).

### GIBLETS

Turkey giblets are prepared and cooked in the same manner as Chicken Giblets (p. 389), but being larger, they should be divided into pieces or sliced.

### GRILLED LEGS OF TURKEY

Season with salt and brush over with a little mustard and melted butter or oil. Grill and either serve plain or with some hot sauce, such as Piquante, Devilled, etc. (pp. 67, 60). Either roast, boiled or braised turkey can be used.

**POTTED TURKEY**

Bone a very small turkey, removing the giblets, and stuff with a forcemeat made with the finely chopped meat from the thighs,  $\frac{1}{2}$  lb. lean veal and 1 lb. fat bacon. Season with 1 oz. salt, mixed with spices, and pound the whole in a mortar. Roll the turkey and tie with string and put in an earthenware casserole in which it just fits, with the turkey bones, 1 lb. knuckle of veal, 1 calf's foot, 1 sliced onion and carrot, mixed herbs, salt and peppercorns. Add  $\frac{1}{2}$  pint white wine and cover with water. Bring to the boil, skim, and cover closely. Simmer in the oven for  $2\frac{1}{2}$  to 3 hours. Remove from the fire and let stand till cold in the casserole. Dip the casserole in hot water for a few minutes to turn out the potted turkey.

**ROAST TURKEY**

See Roast Chicken (p. 380). In England, the turkey is usually stuffed with sausage meat and is served with Bread Sauce and Gravy (pp. 55, 62).

**ROAST TURKEY WITH APPLE SAUCE**

Roast the turkey (above) and serve with Apple sauce (p. 53) and Apple Chips.

**ROAST TURKEY WITH PRAWN BUTTER**

Roast the turkey, basting frequently with butter. When done, put on a hot dish and butter the whole bird with Prawn Butter (p. 76).

**ROAST TURKEY WITH TRUFFLES**

See Chicken Stuffed with Truffles (p. 380). Use double quantity of truffles and pork fat for a large turkey.

**STUFFED TURKEY (Italian)**

Stuff the turkey with the following mixture: Mince the liver and gizzard of the bird and mix with  $\frac{1}{2}$  lb. lean veal, the same of ham or gammon, 3 or 4 shallots, 2 dozen chestnuts, previously shelled and either boiled or roasted, 6 previously soaked prunes, and 2 or 3 truffles. Season with salt, pepper, a little nutmeg, grated cheese, and moisten with a little white wine and honey. Put all through the mincer and cook in a little oil till lightly browned and bind with 1 or 2 eggs.

**STUFFED TURKEY À LA CATALANE**

For a bird weighing 15 lbs. before stuffing, use the following ingredients: 6 or 8 sausages,  $\frac{1}{2}$  lb. prunes (previously soaked for 12 hours), the same quantity of dried peaches (also soaked), 6 ozs. pine kernel nuts, 1 lb. boiled chestnuts,  $\frac{1}{2}$  lb. lean ham, 1 or 2

truffles, mixed herbs, including thyme, marjoram, sweet basil, parsley and 1 bayleaf. Season with salt and pepper and moisten with sherry. The ingredients are coarsely chopped and cooked in lard till lightly browned, the truffles being added last of all. The turkey should be stuffed 12 hours before being roasted as it is then more highly flavoured.

### STUFFED TURKEY WITH CHESTNUTS

Stuff the turkey with a purée of chestnuts (p. 473) mixed with a few whole boiled chestnuts. Or 1 lb. peeled and boiled chestnuts can be added to a sausage stuffing. Serve with the strained butter with which the turkey was basted.

### STUFFED TURKEY WITH OYSTERS

Stuff the turkey with the following mixture: Blanch 2 dozen or more oysters, according to the size of the turkey and mix with bread, previously soaked in milk and pressed, and  $\frac{1}{4}$  lb. finely chopped lean ham. Season with salt and pepper. Roast the turkey and serve with Oyster sauce (No. 1, p. 66).

### TURKEY À LA BOURGEOISE

Braise the turkey, and when  $\frac{3}{4}$  done, put it in a clean saucepan, with partially cooked carrots, onions and diced gammon, previously blanched. Strain the sauce over it, cover and cook till done. Serve on a hot dish with the vegetables.

### TURKEY WITH BRAISED CELERY

See Boiled Chicken with Celery (p. 366). The turkey can also be roasted, and not boiled.

### TURKEY WITH CHERRY SAUCE (Russian)

Cut thin slices from the breast of a turkey and cook in butter in a sauté pan with a little Madeira, and seasoning with salt and pepper. Make a sauce as follows: Stone 2 lbs. cherries and put in a saucepan with 2 tablespoons sugar, 1 or 2 tablespoons water and a good pinch mixed spices. Simmer gently till reduced to a pulp, rub through a sieve and put in the centre of a hot dish, with the pieces of turkey around.

### TURKEY WITH CRANBERRY SAUCE

Roast the turkey and serve with Cranberry sauce (p. 59).

### TURKEY CROQUETTES

See Chicken Croquettes (p. 386).

### TURKEY MAYONNAISE

See Chicken Mayonnaise (p. 368).

**TURKEY WITH MUSHROOMS**

Braise the turkey and serve with a Mushroom sauce (p. 65).

**TURKEY STUFFED WITH MUSHROOMS**

See Roast Chicken stuffed with Mushrooms (p. 381).

**TURKEY RISsoles**

See Chicken Rissoles (p. 387).

**TURKEY SOUFFLÉ**

See Chicken Soufflé (p. 387).

**Duck****BRAISED DUCK WITH RED CABBAGE**

Line an earthenware casserole with 2 or 3 sliced onions and carrots and 1 turnip. Put in the duck, well seasoned with salt and pepper. Add a bouquet of herbs, 2 or 3 sprigs of dill and sweet basil, and moisten with 1 gill stock and 3 tablespoons red wine. Bring to the boil and simmer in the oven, allowing 20 to 25 minutes to the lb. and basting frequently. When done, put on a hot dish, garnish with finely shredded red cabbage, boiled and then cooked in butter and well seasoned with salt and pepper. Strain the sauce over the whole.

**BRAISED DUCK WITH ONIONS**

Braise the duck as in preceding recipe, using white wine instead of red. Five minutes before serving, add 2 dozen pickling onions, previously browned in butter. Put on a hot dish, garnish with the onions, and strain the sauce over the whole.

**CANARD AUX CHOUX**

*(Duck with Cabbage)*

Brown the duck in butter with  $\frac{3}{4}$  lbs. bacon or gammon, and when equally browned on all sides, add 2 or 3 sliced carrots, a herb bouquet, 4 tablespoons water or stock and season with salt and pepper. Cover and simmer very gently. When the duck is half cooked, add a small blanched and coarsely shredded cabbage, and a large smoked pork sausage. When done, put the cabbage on a hot dish, place the duck over it and garnish with the sliced bacon or gammon, the sliced carrots and the sliced sausage. Strain the sauce over the whole.

**CANARD FARCI EN GELÉE**

*(Stuffed Duck in Jelly)*

Stuff the duck with the following stuffing: Chop the duck's liver and mix with  $\frac{1}{4}$  lb. sausage meat and  $\frac{1}{4}$  lb. finely chopped lean pork mixed with truffles, 2 ozs. stale breadcrumbs mixed with



a beaten egg, 2 tablespoons Madeira and a seasoning of salt and pepper. Put the stuffed duck in a saucepan with  $\frac{1}{2}$  calf's foot, 2 sliced carrots, 1 large leek, 1 onion, 1 clove of garlic, salt, peppercorns, and 2 wine glasses white wine. Cover with water, bring to the boil, skim, and simmer very gently for 3 to 4 hours, till the bird is tender. Then put on a dish, reduce the stock, pour it through a cloth into a basin, and when cold, clarify it (p. 111). When set in a jelly, decorate the duck with it, and garnish the dish with the remaining coarsely chopped jelly.

### CANETON FARCI À LA ROUENNAISE

*(Stuffed Duckling à la Rouennaise)*

Stuff the bird with the following stuffing: Brown  $\frac{1}{4}$  lb. chopped bacon or gammon with 1 tablespoon chopped onion. Add  $\frac{1}{2}$  lb. sliced duck's livers, a little chopped parsley and season with salt, pepper and a pinch of spices. Roast in a quick oven for 25 to 30 minutes, basting with a little butter. Serve with a Bordelaise sauce (p. 55) to which 1 cooked duck's liver, pounded in a mortar and rubbed through a sieve, has been added.

### CANETON EN CHEMISE

Remove the breastbone of the bird and stuff with the same stuffing as in preceding recipe. Wrap in a cloth and tie with string. Boil or poach (p. 366) in strong stock for about 45 minutes, according to the size of the duckling. When done, unwrap the duck, put on a hot dish on a napkin, and surround with thinly sliced oranges. Serve with the same sauce as in preceding recipe.

### CANETON À LA CHOUCROUTE

*(Duckling with Sauerkraut)*

Put a lump of butter the size of an egg inside the duck, mixed with chopped shallots and parsley, and brown the bird in the oven. Then braise it (p. 89), using 1 gill veal stock and 1 gill white wine. When done, put the duck on a hot dish, surround with Braised Sauerkraut (p. 463) and slices of the bacon or gammon cooked with the sauerkraut. Strain the sauce over the whole.

### CANETON À LA CUILLER

Braise the duckling (p. 89), using Madeira instead of white wine. When done, put in an earthenware terrine or casserole in which it fits closely, and strain the sauce over it through a cloth. Let stand till cold, then remove the grease which has set at the top.

### CANETON ROUENNAISE À LA PRESSE

Roast the duckling, leaving it somewhat underdone. Remove the legs, which are not served, carve the breast into thin strips,

put on a warm dish and season with salt and a little pepper. Chop the carcass and put it in the press (a specially designed press which crushes the bones) and mix the juice extracted from the carcass with a little red wine and 1 teaspoon or so of brandy. Pour this over the carved breast, warm up and serve.

### CARCASSON DE CANARD

*(Grilled Duck Carcasses)*

This dish is made with the carcasses of the ducks when potted duck is made. A little meat is left on the carcass, which is seasoned with salt and pepper, brushed over with oil or melted butter and grilled.

### CONFITS DE CANARD

*(Potted Duck)*

Carve the duck into neat joints, rub each piece with coarse salt and a little pepper, and put in an earthenware terrine or casserole. Sprinkle with chopped parsley, thyme, marjoram, garlic (optional) and bayleaves. Let stand for 24 hours. Put the pieces of duck in another casserole with a very little melted fat, and cook slowly till quite tender. Pour a little melted pork or duck fat in stone jars, then put in the pieces of duck, and again a little melted fat and so on till the jar is almost full. Finally cover with melted fat to the thickness of at least 1 inch. If kept in a cool place this will keep for several months. The jars should be covered with greased paper as soon as the fat has set.

### DODINE DE CANARD

*(Stewed Duck)*

Joint the duck, put in an earthenware casserole and season with salt, pepper and mixed spices. Add 2 large sliced onions, sprig of parsley, thyme,  $\frac{1}{2}$  bayleaf, 1 pint claret and 2 small glasses brandy and let stand for 3 or 4 hours. Put  $3\frac{1}{2}$  ozs. pork fat in another earthenware casserole with 1 large tablespoon olive oil, and when hot put in the pieces of duck and brown them, turning frequently, so that they are equally browned. Now add the wine, etc., in which the pieces of duck were soaked,  $\frac{1}{2}$  lb. mushrooms and 1 or 2 cloves of garlic. Cover and simmer very gently for 1 to  $1\frac{1}{2}$  hours. Serve in the casserole. Nouilles, or ribbon macaroni (p. 531) is served with this dish.

### DUCK À LA BORDELAISE

Stuff the duck with the following stuffing: Chop the duck's liver and mix it with bread previously soaked in milk and pressed, 8 or 10 stoned and chopped olives, sliced and previously cooked mushrooms, chopped parsley,  $\frac{1}{2}$  clove of crushed garlic, and season

with salt and pepper. Cook all for 5 minutes in a little butter, mixing well and finally binding with 1 egg. Roast the duck, basting frequently with butter, and serve with the strained basting poured over the bird.

### DUCK À LA CHIPOLATA

See Dindonneau Chipolata (p. 391).

### DUCK À LA LYONNAISE

Braise the duck and, when done, put on a hot dish. Surround with 18 small pickling onions browned in butter, and the same number of peeled boiled chestnuts. Strain the sauce over the whole.

### DUCK WITH MINT

Mix 1 oz. butter with  $\frac{1}{2}$  teaspoon finely chopped mint, and put inside the duck. Roast the bird, basting frequently with butter and, when done, place on a hot dish. Put 2 or 3 tablespoons veal stock and a little lemon juice in the meat tin and mix with the butter with which the bird was basted, scraping the sediment from the pan. Strain through muslin, adding a pinch of chopped mint. Pour over the duck.

### DUCK WITH NOUILLES

Chop 1 lb. tomatoes and put in a saucepan with a little oil or butter and cook till quite soft. Put in the duck, add 1 gill red wine, mixed herbs and season with salt and pepper. Cover and simmer for  $1\frac{1}{2}$  hours. 10 minutes before serving, add  $\frac{1}{2}$  lb. cooked nouilles, or ribbon macaroni (p. 531) and mix well.

### DUCK WITH OLIVES

Put the duck in a saucepan and brown equally in butter, seasoning with salt and pepper. When browned, drain off the butter, add 2 or 3 tablespoons white wine and reduce. Then add  $\frac{1}{2}$  pint Espagnole sauce (p. 50), 1 gill stock and bouquet of herbs. Cover and simmer till the duck is quite tender. A few minutes before serving, add  $\frac{1}{2}$  lb. stoned and blanched olives. Put the duck on a hot dish, surround with the olives and the sauce.

### DUCK WITH OLIVES À L'ITALIENNE

Joint the duck and put in a saucepan with sufficient hot beef stock to cover. Add 2 chopped onions, the chopped liver and gizzard of the bird, and 12 stoned and chopped olives. Stir and season with salt and pepper. Simmer for 1 to  $1\frac{1}{2}$  hours. When done, put the duck on a hot dish, garnish with 2 dozen stoned and blanched olives and pour the sauce over the whole.

**DUCK WITH ORANGE OR "BIGARRADE SAUCE**

Roast the duck and serve with a Bigarrade or Orange sauce (p. 55). Sliced oranges, moistened with a little port, are also sometimes served with the duck.

**DUCK WITH PEAS**

Brown 15 small pickling onions in butter with 6 ozs. bacon or gammon cut in large dice. When done, remove from the pan, and brown the duck lightly in the same butter. Then add  $\frac{3}{4}$  pints of light Demi-glacé or Espagnole sauce (pp. 60, 50),  $\frac{3}{4}$  pints peas, the cooked onions and gammon, and a bouquet of herbs. Simmer gently till the duck and the peas are quite tender. Put the duck on a hot dish, cover with the garnish and with sufficient of the reduced sauce to moisten.

**DUCK WITH PORT WINE**

Roast the duck and place on a hot dish. Put 1 gill of port in the meat tin and mix with the butter and sediment, reduce by half, and strain over the duck.

**DUCK WITH TURNIPS**

Cook in the same manner as Duck with Olives (p. 397), but when half cooked, put in another casserole and surround with  $\frac{1}{2}$  lbs. turnips, turned to the shape of large olives, and previously cooked in butter with a good sprinkling of sugar, and 18 small onions, browned in butter. Strain the sauce over the whole, cover and finish cooking in the oven. Put the duck on a hot dish with the turnips and onions around it, and pour the sauce over it.

**MOUSSE OF DUCK**

See Mousse of Ham (p. 356).

**SALMIS OF DUCK'S LEGS GOUFFÉ**

Remove the legs of a cooked duckling, and carve off the remaining meat which can either be served cold, or used for a Mousse, or Soufflé, etc. Chop the carcass of the bird finely, and put in a saucepan with  $\frac{1}{2}$  pint of burgundy, 2 whole shallots, salt, pepper and a little grated nutmeg. Reduce by half, and add 1 pint of Espagnole sauce (p. 50). Simmer for 20 minutes, strain into another saucepan and simmer for 5 minutes. Warm up the duckling legs in butter, put on a hot dish, pour the sauce over them and garnish with croûtons of fried bread.

**SOUFFLÉ OF DUCK**

See Chicken Soufflé (p. 387).

**STEWED DUCK**

Brown the duck in a fairly brisk oven for 20 minutes, then put it in a saucepan or an earthenware casserole, with 2 sliced onions, 1 or 2 sage leaves, a bouquet of mixed herbs, and  $\frac{3}{4}$  pints of stock, seasoning with salt and pepper. Cover and simmer 1 hour, or till the duck is quite tender. 10 minutes before serving, stir in 1 oz. butter mixed with 1 oz. flour, to thicken. Put the duck on a hot dish and strain the sauce over it.

**ROAST DUCK (French method)**

Only young and tender birds should be chosen for roasting. Dredge with salt, but do not cover with larding fat or bacon. Brush over with melted butter, and roast in a brisk oven, allowing from 15 to 20 minutes to the lb. and basting frequently with melted butter. When done, put on a hot dish, and garnish with bunches of watercress, or slices of lemon. Strain the butter with which it was basted, and serve in a sauceboat.

**ROAST DUCK, WITH SAGE AND ONION STUFFING**

Stuff the duck with the following stuffing: Put 2 lbs. chopped onions in a saucepan and cover with cold water. Bring to the boil and cook for 5 minutes. Remove from the water, drain thoroughly and cook in a little butter for 5 minutes, but without browning. Add  $\frac{1}{2}$  pint white breadcrumbs, and either 1 tablespoon finely chopped fresh sage, or 1 teaspoon powdered sage, and season with salt and pepper. Roast the duck and serve with Gravy and Apple sauce (pp. 62, 53).

**ROAST DUCKLING, STUFFED WITH MUSHROOMS**

Stuff the duck with the following: Brown 5 or 6 large chopped mushrooms in butter with 2 or 3 chopped shallots, and a handful of bread, previously soaked in cream and pressed. Season with salt, pepper and a little chopped parsley and bind with 1 or 2 eggs. Roast the duck, and strain the bastings over it. Serve with boiled peas or a lettuce salad.

**Goose****CONFITS D'OIE**

(*Potted Goose*)

See Confits de Canard (p. 396).

**COU D'OIE FARCI**

(*Stuffed goose's neck*)

Remove the skin from the goose's neck, but being careful not to tear it. Put the skin in a dish, sprinkle with salt and pepper, a pinch of mixed spices, and a little brandy. Let stand for 1 hour.

Stuff with the following ingredients: Mix 1 lb. sausage meat (p. 79) with 1 chopped goose's liver, and a few chopped truffles. Moisten with 6 tablespoons white wine, and season with salt, pepper and mixed spices. Tie up the goose neck at both ends, and cook very slowly in hot fat till quite tender.

### GOOSE À L'ALSACIENNE

Stuff the goose with sausage meat (p. 79), and roast it, basting frequently with butter. Serve with Braised Sauerkraut (p. 463) around it, and slices of the bacon or gammon cooked with the sauerkraut.

### GOOSE À LA BORDELAISE

The same as Duck à la Bordelaise (p. 396), but using 2 lbs. mushrooms,  $\frac{1}{4}$  lb. soaked bread,  $\frac{1}{4}$  lb. olives, the chopped goose liver, a little garlic and 3 ozs. Anchovy Butter (p. 74).

### GOOSE WITH CHESTNUTS

See Turkey Stuffed with Chestnuts (p. 393).

### GOOSE À LA CHIPOLATA

See Duck à la Chipolata (p. 397).

### GIBLETS

Goose giblets can be cooked in the same manner as Chicken Giblets (p. 389), but being larger they should be divided into pieces and sliced.

### GIBLET PIE

Soak and wash 1 set of goose giblets thoroughly, and put in a saucepan with sufficient cold water to well cover them. Bring to the boil, skim and add 2 medium-sized onions, stuck with 2 cloves, 1 halved carrot, 1 small stick of celery, mixed herbs, salt and peppercorns. Simmer for  $1\frac{1}{2}$  to 2 hours. Drain, and cut the giblets in 2-inch lengths, and the liver and gizzard in smaller pieces. Line a pie-dish with thin slices of lean beef, put a layer of the giblets over them, and continue till the pie-dish is filled. Season with salt and pepper, moisten with a little of the stock in which the giblets were cooked, cover with a lid of short crust, leaving a small opening in the middle for the steam to escape, and bake in a moderate oven for about 45 minutes to 1 hour. Before serving, pour in a little more hot stock.

### GOOSE HAMS

Split the goose down the back and rub all over with a mixture of 2 ozs. common salt,  $\frac{1}{4}$  oz. saltpetre, and 1 oz. coarse brown

sugar. Let it stand in the pickle for 12 to 14 days, rubbing it with the mixture every day and turning it. Smoke it in the usual manner.

### GOOSE WITH HORSERADISH SAUCE

Braise the goose and serve with a garnish of nouilles or ribbon macaroni cooked in butter (p. 531). Serve with a Horseradish sauce in a sauceboat.

### GOOSE LIVERS

The fatted goose livers which are extensively used in France and in other European countries are rarely obtainable in England, except in tins. Ordinary or unfattened goose livers can be prepared and cooked in much the same way as Chicken Livers (p. 386).

### GOOSE LIVER ON TOAST

Chop the goose liver and cook in butter with 1 teaspoon chopped shallot or onion, a little chopped parsley, and season with salt and pepper. When done, spread on rounds of hot buttered toast, and serve very hot.

### GOOSE LIVERS À LA VIENNOISE

Cook the goose livers in butter in a sauté pan, seasoning with salt and paprika. Turn and toss frequently, and add 3 or 4 sliced red pimientos, previously blanched and drained. When done, put all on a hot dish, pouring the sauce over the whole.

### GOOSE BRAISED WITH TURNIPS

See Duck with Turnips (p. 398).

### GREEN GOOSE

A goose is called a "green goose" until it is about 4 months old. These young geese should not be stuffed. Season the inside with salt and pepper, and put in it a piece of butter the size of an egg. Dredge the bird with salt, brush over with melted butter and roast, allowing from 25 to 30 minutes to the lb. Serve with a Gooseberry sauce (p. 61).

### GRILLED GOOSE LEGS WITH RÉMOULADE SAUCE

Dip the cooked goose legs in hot goose fat, coat with bread-crumbs, sprinkle with a little oil, and grill. Serve with Rémooulade sauce (p. 70).

### OIE EN DAUBE

Remove the breast bone and fill the goose with sausage meat, strips of ham, and a small ox tongue, surrounded with strips of

larding bacon. Moisten with a little brandy, tie or sew up the opening and put the goose in an earthenware casserole in which it just fits. Moisten with 3 pints veal stock (stock for aspic jelly, p. 44), cover closely and simmer in a moderate oven for 3 hours, or longer according to the size of the goose. Let stand till cold. Warm the casserole with hot water in order to turn out the goose.

### OIE FARCIE AUX PRUNEAUX

Soak 15 or 16 prunes in cold water for 2 days. Drain thoroughly, dry, and remove the stones. Stuff the goose with the following mixture: Chop  $\frac{1}{2}$  lb. lean boiled pork with 3 small onions, cooked in butter and about 10 or 12 stoned olives, and the prepared prunes. Let stand for a day, and roast, basting with goose fat, and allowing 20 to 25 minutes to the lb. Serve with a garnish of boiled chestnuts.

### L'OIE DE VISE (Belgian)

Put the goose in a large saucepan, with the giblets, and cover with slightly warmed salted water. Bring to the boil and skim. Add 2 or 3 sliced onions and carrots, mixed herbs, and 2 or 3 cloves and peppercorns. Simmer till the goose is tender. Remove from the saucepan, drain, and carve the bird. Brown the carved goose in a little goose fat in a frying pan and cover with the following sauce: Put  $1\frac{1}{2}$  pints of milk in a saucepan with 12 cloves of garlic and simmer till the garlic is quite tender. Remove the garlic from the milk, add 4 broken up rusks, stir well and, when quite dissolved, strain the sauce. Add the yolks of 6 eggs beaten with  $\frac{1}{2}$  pint of cream, and a few tablespoons of the hot milk. Stir for a few minutes over a slow fire and pour over the goose. Garnish with the cloves of garlic.

### POTTED GOOSE

See Potted Turkey (p. 392).

### ROAST GOOSE WITH APPLE AND CHESTNUT STUFFING

Stuff the goose with the following mixture: Peel, core and chop 1 lb. apples, 1 lb. boiled chestnuts, and mix with 3 or 4 tablespoons raisins, 1 cooked potato and the chopped liver and goose giblets. Cook all lightly in butter and stuff the goose.

### ROAST GOOSE WITH APPLE AND PRUNE STUFFING

Stuff the goose with the following mixture: Peel, core and chop 2 lbs. apples and put in a saucepan with 1 lb. of previously soaked prunes. Add 2 tablespoons butter, 5 or 6 tablespoons sugar, 1 tablespoon water, and simmer very gently for 2 to 3 hours, till the mixture is of the consistency of jam.



**ROAST GOOSE WITH ONION STUFFING**

See Roast Duck with Sage and Onion Stuffing (p. 399). Proceed in the same manner, but omitting the flavouring of sage. Serve with Apple sauce (p. 53).

**SOUFFLÉ OF GOOSE LIVER**

See Chicken Soufflé (p. 387).

**STUFFED GOOSE NECK (Austrian)**

Remove the skin from the goose's neck, being careful not to tear it. Fill each goose neck with the following mixture: Chop the goose liver and brown lightly in goose fat with a little chopped onion, 1 or 2 cloves of garlic, mixed herbs, and add cooked rice. Mix all thoroughly, season highly with salt and pepper, and stuff the necks. Tie up each end, put in a meat tin with a little goose fat, and bake in the oven for 45 minutes to 1 hour, basting frequently.

**Pigeons****CHAUD-FROID OF PIGEONS**

See Chaud-Froid of Chicken (p. 368), but do not carve into joints. The bird should merely be divided in half, and each half coated with the Chaud-Froid sauce, etc.

**CURRIED PIGEONS**

Divide the pigeon into four and proceed as in recipe for Curried Chicken (p. 374).

**FRIED PIGEONS**

Divide the birds in 4 pieces, and put them in a deep dish. Sprinkle with salt, pepper, chopped shallots, chopped parsley, and moisten with a little oil or white wine. Let stand for 1 hour. Beat up the yolks of 1 or 2 eggs with salt and 2 or 3 teaspoons of paprika, coat the pieces of pigeon with the beaten eggs, then with fine white breadcrumbs, and fry in deep fat. Drain, put on a hot dish and garnish with fried parsley.

**JUGGED PIGEONS**

Truss the pigeons as for roasting and brown in butter, seasoning with salt and pepper, and 1 finely chopped onion. Drain and pack the pigeons closely in a stewing jar, adding the onion and  $\frac{1}{2}$  pint stock. Season again with salt and pepper, cover closely and put the jar in a saucepan of boiling water in the oven or in a baking tin filled with water, and simmer for 2 to 2½ hours. 30 minutes before serving, thicken with 2 ozs. of butter

worked with 1 oz. flour, and 10 minutes before serving, add 1 glass of port. When cooked, put the jugged pigeons on a hot dish and strain the sauce over them. Pickles are sometimes used as a garnish, or some kind of savoury forcemeat balls.

### PÂTÉ CHAUD DE PIGEONNEAU À L'ANCIENNE

Line a plain deep mould or an earthenware terrine with Veal Forcemeat, (p. 79) moistened with a little Madeira sauce (p. 63), and over this put the pigeons; previously roasted and quartered. Cover with a layer of sliced cooked mushrooms and a few truffles (optional) and finally another layer of the forcemeat. Sprinkle with a little finely chopped thyme and bayleaf, and cover with a pastry lid. Cook in a moderate oven for 45 to 50 minutes. Turn out carefully on a hot dish, moisten with a little light Demi-glace or Espagnole sauce (pp. 60, 50) and serve with the same sauce in a sauceboat.

### PIGEONS EN CASSEROLE À LA PAYSANNE

Put the pigeons in an earthenware casserole with 2 or 3 ozs. butter, season with salt and pepper, cover and put in a moderate oven. 20 minutes before serving, add bacon or gammon cut in dice and blanched, and sliced potatoes, cooked in butter. Allow 2 ozs. bacon and 1 medium potato to each pigeon. Cook till the pigeons are quite tender. The time varies according to age and size of the pigeons.

### PIGEONS À LA CATALANE

Cover the breasts of 2 young pigeons with a slice of larding bacon and put in an earthenware casserole with 3½ ozs. butter and 2½ ozs. lean bacon, cut in dice. Cover and brown lightly in the oven, turning the birds frequently, so that they are equally brown, and seasoning with salt and pepper. Then add 1 glass white wine, the same quantity of stock, 12 peeled cloves of garlic, previously blanched for 10 minutes in boiling water, 1 thinly sliced lemon, and 1 thinly sliced bitter orange. Simmer for another 30 to 40 minutes, till the sauce has reduced and the pigeons are tender, and thicken the sauce with 1 oz. flour moistened with a little vinegar and water. Bring to the boil and serve, removing the larding bacon from the pigeons.

### PIGEONS À LA CHIPOLATA

See Dindonneau à la Chipolata (p. 391).

### PIGEONS EN COCOTE

See Chicken en Cocote Bonne-femme (p. 373).

**PIGEONS EN COMPÔTE**

For 3 medium-sized pigeons allow  $3\frac{1}{2}$  ozs. bacon or gammon, cut in strips,  $\frac{1}{2}$ -inch thick and about 1-inch long,  $\frac{1}{4}$  lb. very small pickling onions,  $\frac{1}{4}$  lb. small button mushrooms,  $\frac{3}{4}$  pints veal stock, 1 gill white wine, 1 oz. butter and a little less of flour. Brown the previously blanched strips of bacon or gammon in butter, drain and put aside. Brown the onions in the same butter, drain and also put aside. Cut the mushrooms in half lengthwise and brown in the same butter. Remove, put in the pigeons and simmer very gently till a rich golden colour. Take out the pigeons and stir in the butter worked with the flour, and add the stock and the white wine. Bring to the boil, strain into a clean saucepan, and add the pigeons, the bacon strips, onions and mushrooms. Cover and simmer very gently for 2 hours in a slow oven. To serve, put the pigeons on a hot dish, garnish with the bacon and vegetables and strain the sauce over them.

**PIGEONS À LA CRAPAUDINE**

See Chicken à la Crapaudine (p. 379).

**PIGEON CROQUETTES**

See Chicken Croquettes (p. 386).

**FRICASSÉE OF PIGEONS**

See Fricassée of Chicken à l'Ancienne (p. 375).

**"PIGEONS IN A HOLE"**

Flatten out the pigeons as for grilling, season them with salt, pepper and a little mace. Put in a pie dish, moisten with melted butter and stock, and proceed as in recipe for Toad in the Hole (p. 276, Beef section).

**PIGEONS À LA MINUTE**

Divide the pigeons in four pieces. Flatten them out slightly and season with salt and pepper. Cook in butter in a sauté pan, turning frequently. 10 minutes before serving, add 1 teaspoon of very finely chopped onion and parsley. Put the pieces of pigeon on a hot dish, garnish with sliced mushrooms cooked in butter, add a little lemon juice and 3 or 4 tablespoons stock to the butter in which the pigeons were cooked, and strain over the birds.

**PIGEONS WITH OLIVES**

See Duck with Olives (p. 397). For 1 pigeon use only  $\frac{1}{4}$  lb. olives.

## PIGEON WITH OLIVES EN COCOTE

Put the pigeons in a cocote dish or earthenware casserole with 3 ozs. butter to every 2 pigeons, season with salt and pepper, and brown lightly. Cover and finish cooking in the oven, basting frequently. Young pigeons should take about 40 to 45 minutes. A few minutes before serving add 3 tablespoons butter, 1 tablespoon brandy and 12 small stoned French black olives to each pigeon. Serve in the cocote.

## PIGEONS EN PAPILOTES

Halve the pigeons and cook in butter in a cocote as in preceding recipe. When done, proceed as in Veal Cutlets en Papillotes (p. 299).

## PIGEONS WITH PEAS

See Duck with Peas (p. 398).

## PIGEON PIE

Line a pie dish with rashers of lean bacon, sprinkle with a little chopped onion and lay over this the pigeons, cut in quarters. Season with salt and pepper, add a few slices of hardboiled eggs, moisten with stock and cover with a lid of pastry. Brush over with beaten yolk of egg, leave a small opening in the middle for the steam to escape, and bake in a quick oven till the pastry has risen and set, and then in a moderate oven for about 1 hour. Just before serving pour a little more hot stock in the pie, close up the opening with a lid of pastry and replace in the oven for another 5 minutes.

## PIGEONS WITH PRAWN BUTTER

Cut the pigeons in half, season with salt and pepper, and flatten slightly. Put in a deep sauté pan with  $\frac{1}{2}$  lb. butter and the juice of  $\frac{1}{2}$  lemon. Cook very gently, basting frequently, till the pigeons are tender, but do not brown them. Put them on a hot dish and cover with a tablespoon of half melted Prawn Butter (p. 76).

## PIGEON SOUFFLÉ

See Chicken Soufflé (p. 387).

## PIGEONS À LA VINAIGRETTE (Spanish)

Roast the pigeons, basting frequently with butter and, when done, put on a hot dish and pour the following sauce over them: Add 2 tablespoons wine vinegar to the same quantity of Espagnole sauce (p. 50) and mix well. Garnish with 2 dozen small pickling onions, browned in butter.

### PIGEONS EN ESTOUFFADE

Season the pigeons with salt and pepper, and brown lightly in butter in a sauté pan. Line a casserole with a few strips of bacon, put the pigeons over them, add 10 or 12 medium-sized mushrooms, quartered and browned in butter, and the same number of small onions, also browned in butter. Moisten with 1 gill stock, 2 or 3 tablespoons white wine, cover closely and simmer in the oven for 45 minutes, or till the pigeons are tender. Serve in the casserole.

### POTTED PIGEONS

See *Confits de Canard* or *Potted Duck* (p. 396).

### ROAST PIGEON

Cover the breast of the pigeon with a slice of larding bacon, and roast the bird in the oven, basting frequently with butter. An average-sized young pigeon should take about 25 minutes to roast. When done, remove the bacon, put the pigeon on a large croûton of fried bread (p. 25), garnish with watercress and serve with either a Tomato or a Piquante sauce (pp. 71, 67).

### ROAST PIGEON STUFFED

Stuff the pigeon in the same manner as *Roast Duckling à la Rouennaise* (p. 395), and roast as in preceding recipe. Serve with the bastings, thinned with 2 or 3 tablespoons boiling water, and garnish with watercress.

### SALMIS OF PIGEON

See *Salmis of Wild Duck or Game* (pp. 440, 434). Red wine is always used for pigeons en salmis.

### STUFFED ROAST PIGEONS (Austrian)

Lard the pigeons with thin strips of larding bacon (p. 27), and stuff them with the following mixture: Chop  $\frac{1}{4}$  lb. calf's liver and cook in butter with 1 large boned anchovy, finely chopped, 1 onion, 1 or 2 juniper berries, a few sprigs of thyme, and a seasoning of salt and pepper. Moisten with 1 glass white wine. Roast the pigeons as in preceding recipes and, when done, put on a hot dish and pour a little sour cream over them. Serve with bread-crumbs fried in butter (p. 26) and an *Apple Compôte* (p. 673).

### VOL-AU-VENT OF PIGEONS

Remove the legs and wings of the roasted pigeons, divide the breasts in four and proceed as in *Vol-au-Vent of Chicken à la Financière* (p. 390),

### GUINEA FOWL

Guinea fowls are, in a sense, midway between poultry and game, and most of the recipes for pheasant are applicable to guinea fowls. The meat is apt to be somewhat dry and the bird is improved by larding (p. 27).

#### GUINEA FOWL À L'AUTRICHIENNE

Lard the guinea fowl closely with strips of larding bacon (p. 27), season with salt and pepper and roast the bird, basting frequently with butter, and adding 1 sliced onion to the butter. A few minutes before serving, pour 1 gill warm sour cream over the bird, continue basting with this and the butter, and when done place on a hot dish. Garnish with fried croûtons, covered with poached Calf's Brain (p. 305), seasoned with salt and pepper and a little lemon juice. Serve with plain baked potatoes and black currant jelly.

#### GUINEA FOWL WITH CABBAGE

See Partridges with Cabbage (p. 424).

#### GUINEA FOWL WITH ORANGE SAUCE

See Duck with Orange or Bigarrade sauce (p. 398).

#### PINTADE AU BEURRE

Prepare and cook in the same manner as Chicken Bartolomeo Calderoni (p. 386), but omitting the garlic. Sprinkle, instead, with a little chopped parsley, thyme and shallots.

#### ROAST GUINEA FOWL

Lard the bird, or cover the breast with larding bacon. Season, and roast in a quick oven for 30 to 35 minutes, basting frequently with butter. Put on a hot dish, garnish with watercress, and serve with Bread sauce (p. 55) and fried breadcrumbs (p. 26).

#### ROAST GUINEA FOWL À LA BOHÉMIENNE

See Pheasant à la Bohémienne (p. 425).

#### ROAST GUINEA FOWL WITH CREAM SAUCE

Roast the guinea fowl as directed and, when done, put on a hot dish, carve the bird and cover with a Cream sauce (p. 59).

#### ROAST GUINEA FOWL WITH SAUERKRAUT

Roast the bird, as in preceding recipe and serve with Braised Sauerkraut (p. 463).

#### SALMIS OF GUINEA FOWL

See Salmis of Wild Duck (p. 440).

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### Black Cock

#### BLACK COCK À LA MONTAGNARDE

Split the birds down the back, but without dividing the two halves, and flatten them. Season with salt and pepper, brush over with oil or melted butter, and grill. Put on a hot dish, garnish with Potato Croquettes (p. 494) and serve with a Poivrade sauce (p. 68).

#### BLACK COCK PIE

See Pâté Chaud de Pigeonneau à l'Ancienne (p. 404).

#### BLACK COCK WITH SOUR CREAM (Russian)

Draw the birds, and put in an earthenware casserole with 1 pint of sour cream. Season with salt and pepper, bring to the boil and simmer gently, with the lid on, for 30 to 40 minutes, according to the size of the birds. When done, remove from the casserole, divide the birds in half, and replace and serve in the casserole.

#### CHAUD-FROID OF BLACK COCK

Roast the birds, basting frequently with butter. When done, let stand till cold, and proceed as for Chaud-froid of Chicken (p. 368), but using the Chaud-froid sauce for Game (p. 58).

#### NORWEGIAN BLACK COCK

Draw the birds and chop the livers finely. Brown the birds in butter and, when equally browned on all sides, add gradually  $\frac{3}{4}$  pints of sour cream, and the chopped livers. Season with salt and pepper, and simmer for 40 to 45 minutes, or till the birds are tender. Put the birds on a hot dish and pour the sauce over them.

## POTTED BLACK COCK

Divide 3 or 4 black cocks into neat joints and slice the breasts. Put a few bacon rashers in a deep earthenware pot, put the pieces of black cock over them, sprinkle with a little chopped onion, 1 or 2 cloves, a bayleaf, a good pinch of cinnamon, salt and peppercorns, and continue putting in alternate layers till the pot is filled. Add  $1\frac{1}{2}$  pints claret, cover with a cloth or a lid of pastry, and cook in a very slow oven for 5 or 6 hours. Let stand till cold and use as required.

## ROAST BLACK COCK

Black cock should be hung for 3 or 4 days, as they are tough when quite fresh. They should be plucked and drawn, and the inside and outside wiped with a damp cloth, as washing is apt to spoil their flavour. Truss them in the same manner as a chicken or fowl for roasting (p. 31), put a small pat of butter, seasoned with salt, inside them, season with salt and a little pepper, and either cover the breast with a piece of larding bacon, or brush over well with melted butter. Put on a trivet in a meat tin, and roast in a brisk oven for 40 to 45 minutes, according to the size of the bird, basting frequently with butter. To serve, place on a slice of bread fried in butter, and serve with fried breadcrumbs (p. 26), Gravy and Bread sauce (pp. 62, 55).

## SALMIS OF BLACK COCK

See Salmis of Game (p. 434).

## Capercaillie

Capercaillie can be prepared and cooked in the same manner as most game, the methods specially suitable to it being en Casserole, en Salmis, and Chaud-froid.

## CAPERCAILZIE WITH SOUR CREAM SAUCE

Roast the bird (following recipe) and, when done, put on a hot dish, carve the bird and pour hot sour cream over it.

## ROAST CAPERCAILZIE

Season the bird with salt and pepper and cover the breast with a large strip of larding bacon. Put a lump of butter, seasoned with salt inside the bird, and roast it in a fairly brisk oven for about 50 to 60 minutes, according to size. Baste frequently with butter and remove the larding bacon from the breast 15 minutes before serving, so that the breast will brown. Put on a hot dish, garnish with watercress, and serve with fried breadcrumbs (p. 26), Gravy and Bread sauce (pp. 62, 55).

### ROAST AND STUFFED CAPERCAILZIE

Proceed as in the foregoing recipe, but before roasting, stuff the bird with  $\frac{1}{4}$  lb. uncooked beefsteak, left whole. When done, remove the steak, but do not serve it with the bird. The steak may be used for making forcemeat, etc. It flavours the bird, and keeps the flesh moist and juicy.

### Grouse

#### BRAISED GROUSE

Brown the birds in butter and put in an earthenware casserole, over a few rashers of bacon, 2 or 3 sliced carrots, 1 sliced onion, a stick of celery, mixed herbs, and a seasoning of salt and pepper. Moisten with  $\frac{1}{2}$  pint of stock. Cover and simmer in the oven for 1 to  $1\frac{1}{2}$  hours, according to the age of the birds. Remove them from the casserole, put on a hot dish, and pour over the strained sauce.

#### CHAUD-FROID OF GROUSE

Roast the birds, basting frequently with butter. When done, let them stand till cold and proceed as for Chaud-froid of Chicken (p. 368), but using the Chaud-froid sauce for game (p. 58).

#### GROUSE À LA CRÈME

Cover the breast of the birds with a piece of larding bacon, season with salt and pepper and cook to a light golden colour in butter in an earthenware casserole. Add just under  $\frac{1}{2}$  pint of cream, bring to the boil and simmer for 30 minutes, turning frequently. Just before serving, add the juice of  $\frac{1}{2}$  small lemon. To serve, put the birds on a hot dish, remove the larding bacon and pour the sauce over them.

#### GROUSE PIE

Carve the birds into joints, and lightly brown in butter, seasoning with salt and pepper. Slice  $\frac{3}{4}$  lbs. of lean beef into thin slices and also brown lightly in butter. Lay these in a pie dish, sprinkle with 2 or 3 chopped shallots, the same of mushrooms, a little parsley, and over this put the carved grouse. Garnish with a few slices of hardboiled egg, moisten with  $\frac{1}{2}$  pint of stock, cover the whole with a lid of puff pastry or short crust (pp. 539, 541), leaving a small opening in the middle for the steam to escape. Brush over with beaten yolk of egg, and bake in a moderate oven for  $1\frac{1}{4}$  hours. Just before serving, add a little more hot stock—about 4 to 6 tablespoons—and cover the opening with pastry.

### GROUSE IN THE SCOTCH MANNER

Pluck the birds, draw them and wipe inside and out with a damp cloth. They should not be washed as this spoils the flavour. Put a lump of butter weighing about  $1\frac{1}{2}$  ozs. and mixed with salt, pepper and a little lemon juice, in each bird, and wrap the bird in larding bacon, having seasoned it well with salt and pepper. Or the bacon may be dispensed with if the bird is frequently basted with butter. Put the birds in a brisk oven and roast for 20 to 30 minutes, according to size and age. A few minutes before serving, remove the larding bacon, sprinkle the breasts of the birds lightly with flour and let this brown. To serve, put the birds on a large piece of toasted bread, moistened with a little of the dripping from the birds and spread with the livers, previously boiled for 10 minutes, and pounded in a mortar, with butter, salt, pepper and cayenne. Serve with fried breadcrumbs (p. 26), and either a compôte of some kind of fruit, or with Bread sauce (p. 55). Chip potatoes and sometimes mushrooms are served at the same time.

### MOUSSE OR MOUSSELINE OF GROUSE

See Mousse of Ham (p. 356).

### POTTED GROUSE

Proceed as for Confits de Canard, or Potted Duck (p. 396), but using melted butter instead of pork or duck fat.

### ROAST GROUSE STUFFED

Chop the livers finely and mix with a handful of bread, previously soaked in milk and well pressed. Brown in a little butter, seasoning with salt and pepper, and a little lemon juice. Stuff the birds, brush over with melted butter, season with salt and pepper and roast in a brisk oven for 20 to 25 minutes, basting very frequently with butter. Put on a hot dish. Scrape the sediment from the pan, mixing with 1 or 2 tablespoons of boiling water, and either pour over the birds or serve separately in a sauceboat. Serve with fried breadcrumbs (p. 26) and round potato chips (p. 497).

### ROAST GROUSE À LA ROB ROY

Season the birds with salt and pepper, cover the breasts with a few sprigs of heather and wrap in a slice of larding bacon. Roast as in preceding recipes.

### SALMIS OF GROUSE

See Salmis of Game (p. 434).

## SOUFFLÉ OF GROUSE

See Chicken Soufflé (p. 387).

## STEWED GROUSE

Joint the birds, season with salt and pepper, dredge with a little flour and lightly brown in butter. Moisten with 1 gill of stock, cover and simmer for 30 minutes. Put on a hot dish, cover with the sauce and garnish with previously cooked button mushrooms.

## Ortolans

### MANDARINES D'ORTOLANS

Choose large tangerines, and make a large round incision in the top with a sharp knife. Lift this carefully, but without detaching it completely from the fruit on one side. Remove the inside of the tangerine, and in each put a cold roasted ortolan. Garnish with aspic jelly, and fold back the piece of skin on the top of the tangerine over the ortolan and jelly. Serve on a folded napkin.

### ORTOLANS AU SUC D'ANANAS

Melt 1 oz. of butter in a shallow earthenware dish, and add 6 ortolans, well seasoned with salt and pepper. Roll them in the butter and put in a very brisk oven for 3 to 4 minutes. Remove from the oven, sprinkle with a little pineapple juice and serve at once.

### ORTOLANS IN ASPIC

Roast the ortolans and, when cold, cover with aspic jelly (p. 46).

### ORTOLANS IN CASES

Put a piece of pâté de foie gras the size of a hazel nut in each bird, tie the bird in a piece of muslin and poach in boiling stock for 5 minutes. Remove from the muslin, and put in small paper cases, garnished with foie gras and chopped truffles. Moisten with a little game stock.

### ORTOLANS FLAMBÉS

Proceed as in recipe for Ortolans au Suc d'Ananas (above), and when done pour 2 or 3 tablespoons of brandy over the birds, instead of the pineapple juice. When about to serve, set alight.

### ROAST ORTOLANS

The ortolan is a most delicate and choice bird and one of the best ways of cooking it is plain roasting. But in view of their diminutive size and their delicacy they are roasted in a special

manner. Each bird is wrapped in a vine leaf, and placed on a baking tin, merely moistened with slightly salted water. They are then put in a very brisk oven for 4 to 5 minutes. The vine leaf is removed and each bird is put in a halved lemon from which the pulp has been removed.

### Hare

#### CIVET DE LIÈVRE À LA BONNE FEMME

Divide the hare into neat joints. Brown a  $\frac{1}{4}$  lb. of bacon or gammon, cut in dice, in  $1\frac{1}{2}$  ozs. of butter and the same quantity of pork fat and, when browned, remove from the saucepan or earthenware casserole. In the same fat, brown 2 medium-sized onions, cut in quarters. When done, remove from the pan and put in the pieces of hare. As soon as they begin to brown, sprinkle with flour, and mix well. When the flour is also brown, add 1 quart of stock and 4 tablespoons of vinegar. Stir and bring to the boil and add the gammon, the onions, a bouquet of herbs, the lungs and heart of the hare and a few peppercorns. Add a little salt, if the stock used is not sufficiently salted. Cover and simmer very gently for 2 to  $2\frac{1}{2}$  hours. To serve, skim the sauce carefully and, if the hare has been freshly killed, mix in a little of its blood (*Liaisons*, p. 50). Put the hare in a deep dish and strain the sauce over it.

#### CIVET DE LIÈVRE

In drawing the hare, keep the blood and the liver. Divide the hare into joints and put it in an earthenware casserole or terrine with 1 or 2 sliced onions. Season with salt and pepper, and moisten with a few tablespoons of oil and brandy. Let stand for 3 hours.

Proceed as in the foregoing recipe, with the same quantity of bacon or gammon and onions, but instead of stock and vinegar, cover the pieces of hare, which should have been well dried in a cloth, with red wine and add 1 clove of garlic. Simmer for the same time. A few minutes before serving add the blood liaison (p. 50) and the thinly sliced liver. Put the pieces of hare in a clean casserole, with the diced gammon, 20 button mushrooms, cooked in butter, and 20 pickling onions, browned in butter. Strain the sauce over the whole, cook for a few minutes, and garnish with *croûtons* of fried bread (p. 25).

#### CIVET DE LIÈVRE À LA FLAMANDE

Joint the hare and lightly brown the pieces in butter. Sprinkle with 2 teaspoons of flour, and brown lightly. Cover with 1 quart red wine, to which the pounded liver, rubbed through a sieve,

has been added, as well as the hare's blood and 1 gill vinegar. Season with salt, pepper, 1 oz. brown sugar and a bouquet of herbs. Simmer for 1 hour and add 1 lb. shredded onions, previously cooked in butter. Simmer for another 1 to 1½ hours. When done, put the pieces of hare in another saucepan or terrine, strain the sauce over them, rubbing the onions through a sieve, warm thoroughly and place on a deep dish. Garnish with large croûtons of fried bread spread with gooseberry jelly.

### CIVET DE LIÈVRE À LA LYONNAISE

The same as Civet de Lièvre (p. 416), but replacing the garnish of mushrooms by a garnish of chestnuts boiled in stock till tender.

### CIVET DE LIÈVRE FAÇON MÉNAGÈRE

Proceed as in Civet de Lièvre (p. 416), but without the 2 onions cooked with the hare and without the garnish of mushrooms. Instead of the 20 pickling onions, brown 2 dozen, and cook with the hare.

### HARE CUTLETS

These are made in the same manner as Chicken Croquettes (p. 386), but with cooked hare, and with a thick brown Mushroom sauce (p. 65).

### HARE CUTLETS WITH MUSHROOMS

Prepare and cook as in preceding recipe. Put the cooked mushrooms in the centre of a hot dish, and surround with the hare cutlets. Cover the whole with a Mushroom sauce (p. 65).

### HARE CUTLETS WITH POTATO PURÉE

Proceed as in foregoing recipe, but with Potato purée (p. 498) instead of mushrooms. Serve with a Cream sauce (p. 59), to which a little lemon juice has been added.

### HARE À LA TRENTINA

Clean the hare and put the heart, liver and gizzard, all finely chopped, in a deep dish. Cover with red wine, add 2 tablespoons raisins, 2 pine kernel nuts, a little nutmeg, a mere sprinkling of sugar, and let stand for several hours. Divide the hare into joints, brown in a saucepan in lard or butter, seasoning with salt and pepper. Cover with stock, add the liver, etc., and the wine, and simmer gently for 1½ to 2 hours.

### JUGGED HARE

Divide the hare into joints, halving the larger pieces, and brown in butter, sprinkling with flour, and seasoning with a little salt and pepper. Then add 1 onion, stuck with 2 cloves, 1 glass port or red wine, 1 tablespoon lemon juice, a bouquet of mixed

herbs, and cover with  $1\frac{1}{2}$  pints stock. Season with salt and 12 peppercorns, bring to the boil, cover and simmer for  $2\frac{1}{2}$  to 3 hours. 30 minutes before serving, thicken the sauce with 1 oz. butter worked with a little less flour, and add another glass of port wine. To serve, pile the pieces of hare on a hot dish and strain the sauce over them. Veal forcemeat balls (p. 79) are sometimes used as a garnish, and red currant jelly is served separately.

### LIÈVRE EN HARICOT

Divide the hare into joints, and put in an earthenware casserole with  $1\frac{1}{2}$  ozs. butter, 2 or 3 chopped shallots, a clove of garlic, a bouquet of herbs, and a few cloves. Cover with equal quantities white wine and stock. Bring to the boil, cover and simmer for 1 hour. Then add 6 or 8 turnips, previously blanched and halved, season with salt and peppercorns, and simmer till the turnips are quite tender and the sauce reduced. Serve in the casserole.

### LIÈVRE À LA ROYALE

Clean the hare and stuff with the following mixture: Mince 1 lb. fresh pork (lean and fat) with the hare's liver, thoroughly cleaned, and mix with an equal quantity of stale bread soaked in stock and well pressed. Add  $\frac{1}{2}$  small clove of garlic, 1 shallot, a little parsley, salt, pepper and nutmeg. Pound the whole in a mortar, adding 1 whole egg and rub through a sieve. Sew up the hare and truss for roasting (p. 34). Put it on a trivet in a large meat tin, with a few slices of fat bacon, 1 or 2 sliced onions, a few sprigs of thyme, parsley, sweet basil, 1 bayleaf, 2 cloves, 1 or 2 tablespoons stock, the same of white wine, and a small glass of brandy. Cook in a moderate oven, basting frequently, for 2 to 3 hours, according to the size of the hare. To serve, put the hare on a hot dish, strain the sauce, thicken with a small pat of butter mixed with half the quantity of flour (thickenings or liaisons, p. 48), strain once more and pour over the hare.

### MOUSSE OF HARE

See Mousse of Ham (p. 356).

### PÂTÉ OF HARE (German)

Roast the hare and, when nearly done, remove from the oven. Cut into joints and remove all the meat from the haunch and legs. Chop the meat finely, and mix with equal parts of finely chopped gammon, 2 or 3 chopped shallots, previously cooked in butter, a few chopped cooked mushrooms, 5 or 6 anchovies, also chopped, 2 tablespoons grated Parmesan cheese, 3 tablespoons breadcrumbs, 2 whole eggs, 1 glass red or white wine, and pepper. Mix all thoroughly and rub through a sieve.



Butter an earthenware terrine, sprinkle with breadcrumbs, put a few slices of bacon at the bottom, over it a layer of the hare and the other ingredients, cover with more bacon, and continue putting in alternate layers till the terrine is filled. Bake in a moderate oven for  $1\frac{1}{2}$  to 2 hours. Remove from the terrine, put on a hot dish and serve with a Mushroom sauce (p. 65).

### PÂTÉ DE LIÈVRE

Chop  $\frac{1}{2}$  lb. lean pork with the same quantity of fat bacon and the meat from the forequarters of the hare. Pound all in a mortar, season with salt and pepper and rub through a sieve. Slice and trim the back and hind legs of the hare, and put them in a terrine or earthenware vessel, with a few thin slices of bacon and of raw ham. Season with salt, pepper and allspice, moisten with a liqueur glass of brandy and 1 wine glass of Madeira. Let stand for several hours. Put  $3\frac{1}{2}$  ozs. butter in a pan, and brown the chopped hare's liver and  $\frac{1}{4}$  lb. chopped raw ham. Add 1 chopped shallot, 1 glass of Madeira and, when reduced by half, pound all in a mortar and add to the other mixture.

Line a buttered mould with pic crust (p. 542), put a layer of the above mixture on the sides and in the bottom. Over this put the sliced hare, bacon and raw ham and continue in alternate layers, finishing with a layer of the pounded meat, till the mould is filled. Cover with a lid of pastry, leaving a small opening for the steam to escape, and bake in a moderate oven for 2 hours. Remove from the oven, pour in 5 or 6 tablespoons strong stock or aspic (p. 44), cover the opening with pastry and let stand till cold.

### POTTED HARE

Line the bottom of a stewing jar with slices of bacon and pack in the hare, free from all bone and fat, and cut in small pieces. Season with a bouquet of herbs, 2 or 3 cloves, 1 blade mace, 2 bayleaves, salt and peppercorns. Add just sufficient stock to barely cover. Lay more strips of bacon on the top, and simmer gently in the oven for 3 to  $3\frac{1}{2}$  hours, adding a little more stock during the process of cooking. When done, pound the whole in a mortar, rub through a sieve and press into pots, covering with clarified butter (p. 24). When cold, cover with greased paper and keep in a cool place.

### RÂBLE DE LIÈVRE

The "râble" includes the whole back of the hare, from the neck to the tail, the rib bones being cut very short. Or sometimes the "râble" may consist merely of the piece extending from the first ribs to the haunch. The "râble" should be trimmed and is usually larded (p. 27).

## RÂBLE DE LIÈVRE AUX CERISES

Roast the "râble" in a brisk oven for 20 to 30 minutes, basting 2 or 3 times with butter. Serve with the following sauce: Put 1 wine glass of port in a small saucepan with the juice of 1 orange,  $\frac{1}{2}$  teaspoon grated orange rind and a good pinch of allspice. Reduce by half and add 4 tablespoons of gooseberry jelly or jam and, when melted, add 6 ozs. of stoned cherries, previously cooked in a little light syrup.

## RÂBLE DE LIÈVRE À LA CRÈME

Roast the "râble" as in preceding recipe and, 5 minutes before serving, add 6 tablespoons of cream and baste the hare with it. To serve, put the hare on a hot dish and pour the cream over it, adding a little lemon juice.

## RÂBLE DE LIÈVRE AU GENIÈVRE

Put the "râble" in a deep dish with 1 or 2 sliced onions, carrots, a bouquet herbs, stick of celery and 1 or 2 shallots. Cover with a little white wine, vinegar and oil. Add 1 or 2 cloves, 5 or 6 peppercorns and let stand for a few hours. Put the vegetables in a roasting tin, dry the meat in a cloth, season with salt and roast in a quick oven. When done, put on a hot dish and serve with the following sauce: Put a small glass of gin in the roasting tin, with 2 or 3 tablespoons of the marinade, stir well, add 2 tablespoons of Poivrade sauce (p. 68) and 3 or 4 pounded juniper berries. Bring to the boil and strain. Serve in a sauceboat.

## RÂBLE DE LIÈVRE SAUCE GROSEILLES

Roast the hare, as in preceding recipes and serve with a Gooseberry sauce (p. 61), to which a little grated horseradish has been added.

## ROAST HARE

The best part of the hare to roast is the "râble" or back. It should be well trimmed, closely larded (p. 27) and roasted in a very quick oven for 20 to 25 minutes. It can be served with any suitable sauce, such as Poivrade, Apple, etc. (pp. 68, 53).

## ROAST HARE, STUFFED

Truss the hare and stuff with veal or other forcemeat according to taste. Sew up the opening, dredge the hare with salt and a little pepper, brush over with melted butter and cover the back with strips of bacon. Tie up and roast in a moderate oven for  $1\frac{1}{2}$  to 2 hours, basting frequently with melted butter. Remove the gall-bladder from the liver and boil the liver for 5 minutes in salted water. Then pound it in a mortar, rub through a sieve and add to

the sauce made by browning 1 oz. flour in 2 ozs. butter and diluting with  $\frac{1}{2}$  pint boiling stock. Stir well and add 1 glass of port. Serve in a sauceboat and also serve red currant jelly separately.

### SOUFFLÉ OF HARE

See Chicken Soufflé (p. 387).

### TERRINE DE LIÈVRE

This is a good way of making use of the hare, when the "râble" or back only has been used, as in some of the foregoing recipes. Remove all the meat from the hare and chop finely with 1 lb. lean veal, 1 lb. lean pork,  $1\frac{1}{2}$  lbs. fat pork, with a few sprigs of thyme, parsley, a bayleaf, pinch of allspice, mixed spices, salt and pepper and moisten with 1 gill of brandy. Line an earthenware terrine with rashers of fat bacon, put the chopped meats, etc., in it, packing firmly. Put the lid on, and seal with a band of paste made with flour and water. Set the terrine in a pan of boiling water and put in a moderate oven. Keep the water just simmering and allow 35 minutes to the lb. This can be served either hot or cold.

### Hazel Hens

#### BITKI OF HAZEL HENS (Russian)

Remove all the meat from 2 or 3 hazel hens, carve in neat pieces and slices, season with salt and pepper, sprinkle with flour and brown in hot butter. When done, place on a hot dish and pour the following sauce over them: Put the bones in a saucepan with 1 pint water, season with salt and pepper, bring to the boil and simmer till reduced by half. Strain and put in another saucepan, adding 4 or 5 tablespoons of sour cream and 1 tablespoon grated Parmesan cheese. Stir and simmer for a few minutes.

#### GRILLED HAZEL HEN WITH TARTARE SAUCE

Carefully remove the breast from the bone, and season with salt and pepper. Brush over with melted butter, coat with fine breadcrumbs and grill, allowing about 6 minutes to each side of the breast. Serve with a Tartare sauce (p. 71).

#### HAZEL HEN À LA CRÈME

See Grouse à la Crème (p. 413).

#### HAZEL HENS WITH SOUR CREAM

See Capercailzie with Sour Cream (p. 412), but leave the roasted hazel hens whole or halve them.

## HAZEL HENS STUFFED WITH GRAPES

Draw the birds, and keep the livers, gizzards and hearts. Put 8 or 10 white grapes inside each bird—preferably Muscat grapes—and season with salt and pepper. Cover with a piece of larding bacon and cook in a brisk oven for the first 8 minutes, and in a slower one thereafter. Baste with butter and roast for about 25 to 30 minutes, according to the size of the birds. Chop the livers, hearts and gizzards and cook in a little butter, seasoning with salt and pepper. When done, rub into a smooth paste and spread on pieces of bread lightly fried in butter. Place the birds on these. Add 2 or 3 tablespoons of chicken stock to the basting in the meat pan, scrape the sediment, strain into a sauceboat and serve with the hazel hens.

## ROAST HAZEL HENS

Prepare and roast in the same manner as Grouse (p. 413) but allow about 20 to 25 minutes only, according to the size of the bird.

## SALMIS OF HAZEL HENS

See Salmis of Game (p. 434).

## SOUFFLÉ OF HAZEL HENS

See Chicken Soufflé (p. 387).

## Partridges

## PARTRIDGES WITH CREAM

Put the birds in an earthenware casserole, season with salt and pepper, and add 1½ to 2 ozs. butter and 1 quartered onion. Cover, put in the oven and simmer for 30 to 35 minutes, basting frequently. When nearly done, add 8 tablespoons of cream and 2 teaspoons of lemon juice. Serve in the casserole.

## PARTRIDGES WITH GRAPES

Roast the partridges (p. 425) and, when done, put on a hot dish and surround with stoned and skinned Muscat grapes.

## PARTRIDGES WITH LENTIL PURÉE

Braise the partridges (Braising, p. 89) and, when done, put on a hot dish. Surround with a purée of lentils (p. 482) and strain the sauce from the braising pan over the whole.

## PARTRIDGES IN MARINADE

Divide the partridges in 4 pieces and lightly brown them in a little oil in an earthenware casserole, seasoning highly with salt and pepper. Cover with equal parts of vinegar and white

wine. Add a few sprigs of thyme, marjoram, sweet basil, parsley, 1 or 2 cloves of chopped garlic, and bring to the boil. Simmer in the oven till the birds are quite tender. The birds can be eaten either hot or cold.

### PARTRIDGES WITH OLIVES

See Duck with Olives (p. 397). To each partridge, allow  $\frac{1}{4}$  lb. olives.

### PARTRIDGE PIE

See Grouse Pie (p. 413), but use slices of veal and bacon instead of beef.

### PARTRIDGES WITH SAUERKRAUT

See Perdrix aux Choux (p. 424), but use sauerkraut instead of fresh cabbage.

### PARTRIDGES WITH ZABAIONE

Roast the partridges (p. 425) and cover with Zabaione (p. 568).

### PÂTÉ DE PERDRIX

See Pâté de Pigeonneau à l'Ancienne (p. 404).

### PERDRIX À LA BOHÉMIENNE

Roast 2 or 3 snipe, but leaving them somewhat underdone. Remove all their meat and chop very finely with a slice of fat salt pork. Season with a few sprigs of parsley, thyme, marjoram, salt, pepper and paprika. Add 2 or 3 chopped truffles and cook the whole in hot butter till lightly browned, adding 1 or 2 eggs to bind. Stuff the partridges with the mixture, and cook them in an earthenware casserole in butter, for about 30 to 35 minutes, basting frequently, and keeping them covered. Before serving, pour a small glass of brandy over the birds.

### PERDRIX À LA BOURGUIGNONNE

Put the partridges in an earthenware casserole with  $1\frac{1}{2}$  to 2 ozs. butter, season with salt and pepper, cover the casserole and cook in a moderate oven for 30 to 40 minutes, turning the birds occasionally. 20 minutes before serving, add 2 dozen pickling onions, browned in butter and the same number of mushrooms, quartered and cooked in butter. Add  $\frac{1}{2}$  pint red wine, and let it reduce by half. To serve, put the birds on a hot dish, with the garnish of mushrooms and onions, and strain the sauce over them.

### PARTRIDGES EN CASSEROLE

See Chicken en Casserole (p. 372). Instead of veal stock, add 2 or 3 tablespoons of game stock and a liqueur glass of brandy.

### PERDRIX À LA CATALANE

Cook in the same manner as Chicken en Casserole (p. 372). 10 minutes before serving, add 12 skinned cloves of garlic, previously boiled till tender in boiling salted water. To serve, put the birds on a hot dish, strain off the fat from the casserole, and stir in 2 or 3 tablespoons of Espagnole sauce (p. 50) and 2 tablespoons white wine. Stir, pour over the birds, and garnish with the garlic.

### PERDRIX AUX CHOUX

*(Partridges with Cabbage)*

Melt  $1\frac{1}{2}$  ozs. lard in a saucepan and, when hot, put in 2 partridges and brown evenly. Remove the birds from the saucepan and put in a large slice of bacon or gammon, over this a layer of cabbage, previously washed, blanched and well drained, and season with salt and pepper. Lay the birds on the cabbage, add  $\frac{1}{2}$  lb. scraped carrots, left whole, 1 large onion, 6 or 8 chipolata sausages, a bouquet of mixed herbs, the rest of the cabbage, and again season with salt and pepper. Moisten with  $\frac{3}{4}$  pints of stock, or with  $\frac{1}{2}$  pint of stock and  $\frac{1}{4}$  pint of white wine. Cover with buttered paper and a close-fitting lid, and simmer gently in the oven for  $1\frac{1}{2}$  hours. If young birds are used, remove them from the saucepan as soon as tender, replacing them again in the saucepan 10 minutes before serving to get hot. To serve, cut the bacon in dice, slice the sausages, place the cabbage in the centre of the dish with the partridges over it, and garnish with the sausages, etc. Thicken the sauce with 1 oz. butter worked with  $\frac{1}{2}$  oz. flour, and strain over the whole.

An old partridge is sometimes cooked with the cabbage and not served at table, and young roasted partridges are added to the cabbage a few minutes before serving.

### PERDRIX EN COCOTE A LA PROVENÇALE

Cook in the same manner as Chicken en Casserole (p. 372), but with butter and oil, and 3 or 4 cloves of garlic. When done, put on a hot dish, with the garlic, and put in the oven to keep hot. Quarter 6 or 8 large mushrooms and cook in the hot butter and oil in the casserole, and when done add a wine glass of Cassis, or black-currant liqueur. Bring to the boil and reduce. Replace the birds and the garlic in the casserole and serve.

### PERDREAU À LA CRAPAUDINE

See Pigeon à la Crapaudine (p. 405).

### PERDRIX À LA GASCOGNE

Lard the breasts of the birds (Larding, p. 27) and brown in butter or lard in an earthenware casserole. Moisten with 1 gill

stock, season with salt and pepper, add a bouquet of mixed herbs, 6 medium-sized mushrooms, and the same number of blanched artichoke bottoms. Cover with a buttered paper and a close-fitting lid, and simmer in the oven for 45 minutes, or longer if old birds are used.

### ROAST PARTRIDGE

Cover the breast of the bird with larding bacon and tie with string. Season with salt and a little pepper, and roast in a quick oven, basting frequently with butter, for 25 to 30 minutes, according to size of bird. To serve, remove the larding bacon from the breast, and put the bird on a slice of bread fried in butter. Garnish with a quartered lemon and a bunch of watercress, or serve with fried breadcrumbs (p. 26), Gravy and Bread sauce (pp. 44, 55).

### SOUFFLÉ OF PARTRIDGE

See Chicken Soufflé (p. 387).

### Pheasant

#### BOILED PHEASANT

Stuff the pheasant with the following mixture: Chop 1 tablespoon of suet and mix with 2 tablespoons of breadcrumbs, a little chopped parsley, 12 oysters, and 1 or 2 eggs to bind. Season with chopped parsley, salt, pepper and a little cayenne. Wrap in buttered paper, or in a cloth, and put into a saucepan of boiling stock. Add 1 sliced carrot, 1 whole onion, stuck with cloves, 1 stick of celery, a bouquet of herbs, salt and peppercorns. Simmer for 45 to 60 minutes, according to size of bird. To serve, remove the pheasant from the paper or cloth, put on a hot dish, pour a little Oyster sauce over it (p. 66) and serve Oyster sauce in a sauceboat.

The pheasant can also be stuffed with a purée of chestnuts (p. 56) and served with a Celery sauce (p. 56).

#### CHAUD-FROID OF PHEASANT

See Chaud-froid of Chicken (p. 368), but use a brown Chaud-froid sauce (p. 57), preferably made with game stock.

#### FAISAN À LA BOHÉMIENNE

See Partridges à la Bohémienne (p. 423).

#### FAISAN EN COCOTE

See Chicken en Cocote (p. 373), but omitting the potatoes, and adding a few cooked truffles instead.

**FAISAN GALITZIN**

Clean, draw and bone 2 uncooked snipe. Cook the livers, gizzards, hearts, etc., in butter, and pound in a mortar. Chop the meat from the snipe, and mix thoroughly with  $\frac{1}{2}$  the weight of cream and  $\frac{1}{2}$  of butter. Add the pounded livers, etc., 3 or 4 truffles cut in large dice, and season with salt and pepper. Stuff a pheasant with the mixture, and either cook in butter in an earthenware casserole, or roast it. To serve, moisten with a little stock made with the bones of the snipe.

**FAISAN AUX NOUILLES**

Braise the pheasant, or make a Salmis (p. 434) and serve with a garnish of nouilles (p. 531) previously blanched and cooked in butter.

**FILLETS DE FAISAN SAINTE-MENEHOULDE**

Carefully remove the breasts of the birds, season with salt and pepper, dip in melted butter and in fine white breadcrumbs, and grill. Serve with a Tomato sauce (p. 71).

**GRILLED DEVILLED PHEASANT**

See Grilled Chicken Devilled (p. 379). Only very young pheasants should be cooked in this manner.

**MOUSSE OF PHEASANT**

See Mousse of Ham (p. 356).

**PHEASANT EN CASSEROLE**

See Chicken en Casserole (p. 372). Instead of veal stock use 2 or 3 tablespoons game stock and 1 teaspoon brandy. Serve in the casserole.

**PHEASANTS WITH CREAM**

See Partridges with Cream (p. 422).

**PHEASANT WITH MUSHROOMS**

See Sauté Chicken (p. 381). When nearly done, add 12 button mushrooms, previously cooked in butter. To serve, put the pieces of pheasant on a hot dish with the mushrooms, add a little lemon juice to the butter in which the birds were cooked, and 1 oz. fresh butter, and pour over the bird.

**PHEASANT WITH SAUERKRAUT**

Roast the pheasant, basting with plenty of butter. Serve on a hot dish on a layer of Braised Sauerkraut (p. 463) with slices of gammon cooked with the sauerkraut.



**PHEASANT STUFFED WITH CHESTNUT PURÉE**

Stuff the pheasant with a Purée of Chestnuts (p. 473) to which 2 ozs. chopped pork fat, cooked in butter, have been added. Season with salt, pepper and a little sugar. The bird is then roasted (below) and served with a Lettuce Salad (p. 520) and red-currant jelly.

**PHEASANT WITH TANGERINE JUICE**

See Sauté Chicken (p. 381). Add 1 or 2 tablespoons tangerine juice to the butter in which the pheasant was cooked and pour over the bird.

**ROAST PHEASANT**

The breast should be covered with larding bacon. Put a large lump of butter or pork fat inside the bird, seasoned with a little salt. Dredge the bird with salt and a little pepper, moisten with melted butter and put in a brisk oven. Baste frequently and allow 20 to 22 minutes to the lb. Serve with a garnish of quartered lemons and a bunch of watercress, and moisten with the butter with which the bird was basted. Or serve with fried breadcrumbs (p. 26), Gravy and Bread sauce (pp. 44, 55).

**SALMIS OF PHEASANT**

See Salmis of Game (p. 434).

**TERRINE DE FAISAN**

See Confits de Canard or Potted Duck (p. 396).

**SOUFFLÉ OF PHEASANT**

See Chicken Soufflé (p. 387).

**TRUFFLED PHEASANT**

See Chicken Stuffed with Truffles (p. 380). Serve with a Périgueux sauce (p. 67).

**Plover****CHAUD-FROID OF PLOVERS**

See Chaud-Froid of Chicken (p. 368), but using brown Chaud-froid sauce (p. 57).

**PLOVERS EN COMPÔTE**

See Pigeons en Compôte (p. 405).

**PLOVERS EN CASSEROLE**

See Chicken en Casserole (p. 372). Instead of veal stock, use 1 or 2 tablespoons game stock and 2 teaspoons brandy.

**PLOVERS À LA CRAPAUDINE**

See Pigeons à la Crapaudine (p. 405).

**PLOVERS WITH MUSHROOMS**

Cook the birds as in recipe for Plovers en Casserole (p. 427) and 10 minutes before serving add 18 small mushrooms, previously cooked in butter.

**PLOVERS À LA RÉGENCE**

Roast the plovers (below) and serve on a border of Potatoes Duchesse (p. 495) alternately with cooked Lamb Sweetbreads (p. 338). In the centre of the potato border, pour a little Espagnole sauce (p. 50) to which 12 stoned olives have been added.

**ROAST PLOVERS**

Plovers should not be larded for roasting. They are seasoned with salt and pepper, brushed over with melted butter, roasted in a quick oven for 15 to 20 minutes and frequently basted with butter. To serve, put the birds on a slice of bread fried in butter, garnish with quartered lemon and a bunch of watercress, and serve with melted butter in a sauceboat, mixed with 1 or 2 tablespoons of lemon juice.

**SALMIS OF PLOVER**

See Salmis of Game (p. 434).

**PTARMIGAN**

Prepared and cooked in the same manner as Wild Duck (p. 439).

**PTARMIGAN À LA NORVÉGIENNE**

Brown the bird in butter in a saucepan or earthenware casserole, seasoning with salt and pepper. Add gradually  $\frac{3}{4}$  pints of sour cream and simmer for  $2\frac{1}{2}$  to 3 hours in the oven. To serve, put the bird on a hot dish, let the sauce reduce slightly and pour over the bird.

**Quails****QUAILS IN CASES**

Bone the quails and fill them with a stuffing made with their own livers and a few chicken livers, finely chopped and mixed with a little Duxelles sauce (p. 60). Surround each with a piece of larding bacon and pack them closely in a pan, seasoning with salt and pepper. Pour melted butter over them and cook in a quick oven, basting frequently. Put a little Duxelles sauce in the bottom of paper cases, and over this put the cooked quail. Garnish with a sliced truffle.

### QUAILS. EN CASSEROLE

See Chicken en Casserole (p. 372). Instead of veal stock, use 1 or 2 tablespoons game stock and 1 or 2 teaspoons brandy.

### QUAILS WITH CHERRIES

Cook as in preceding recipe. Add 1 glass port to which a good pinch of grated orange peel has been added, 3 tablespoons veal stock, 2 teaspoons gooseberry jelly or jam, and 3 dozen stoned cherries, previously cooked in a light syrup. Add a squeeze of lemon juice, and serve in the casserole.

### QUAILS WITH GRAPES

See Partridges with Grapes (p. 442).

### QUAILS IN GRAPEFRUIT

Halve the grapefruit, core it carefully and section it, but without removing the sections, and sprinkle with brandy. In each half grapefruit put a small roast quail in place of the core. Replace in the oven for 5 minutes, and serve with a garnish of crisp lettuce.

### QUAILS WITH LETTUCE

Wash 4 lettuces and blanch in boiling salted water for 5 minutes. Drain thoroughly and put in a saucepan over a rasher of gammon, moisten with a little stock, season with salt and pepper and cover the pan. Simmer in the oven for about 1 hour. Cover the quails with rashers of larding bacon, put in a saucepan in which they fit closely, season with salt and pepper and only half cover them with stock. Bring to the boil and simmer gently for 30 minutes. To serve, put the lettuce on a dish, then the quails, from which the larding bacon has been removed, and moisten with a little of the strained stock.

### QUAILS À LA MINUTE

See Pigeons à la Minute (p. 405).

### QUAILS WITH A PURÉE OF PEAS

Cook the quails in an earthenware casserole in butter (Chicken en Casserole, p. 372), and, when done, serve in the casserole. Serve with a purée of peas.

### QUAILS WITH RISOTTO

Partially roast the quails and add to the Risotto (p. 535) 10 to 12 minutes before serving, covering up the birds with the rice, so that they will be sufficiently cooked.

## ROAST QUAILS

Cover the quails with a piece of larding bacon and tie. Season with salt and pepper, brush over with melted butter and roast in a quick oven for 12 to 15 minutes, according to size. To serve, remove the bacon, place the birds on slices of fried bread, garnish with quartered lemon and watercress. Serve with fried bread-crumbs, and the bastings from the pan, thinned with 2 or 3 tablespoons of boiling water and strained.

## Rabbit

### BLANQUETTE OF RABBIT

See Blanquette of Veal (p. 284).

### BOILED RABBIT

Wash and truss the rabbit and put in a large saucepan of boiling water. Skim, and add 1 onion, stuck with 2 cloves, 1 or 2 carrots, 1 small turnip, bouquet of herbs, salt and peppercorns. Simmer for 45 to 60 minutes, according to size. To serve, put on a hot dish, garnish with boiled bacon and serve Onion sauce in a sauceboat (p. 70).

### BRAISED RABBIT

The hindquarter only is used for braising. Divide into joints and put in a saucepan or casserole on rashers of fat bacon, sliced carrots and onions, a bouquet of mixed herbs. Moisten with 1 gill white wine and 1 of stock. Season with salt and pepper, cover closely and simmer in the oven for about 1 hour or longer, according to the size of the rabbit. Serve with a Purée of Chestnuts (p. 473).

### CURRIED RABBIT

See Curried Chicken (p. 374).

### GRILLED RABBIT

Remove the head and forequarter of the rabbit and roast the back and hindquarters till nearly done. Then sprinkle with flour, season with salt and pepper, brush over with beaten yolk of egg, coat with white breadcrumbs and grill. Put on a hot dish, garnish with slices of grilled bacon and Straw Potatoes (p. 500), and serve with a Duxelles sauce in a sauceboat (p. 60).

### JUGGED RABBIT

See Jugged Hare (p. 417).

### LAPIN A LA CHIPOLATA

Stuff the rabbit with chipolata sausages, lightly browned in butter and left whole, and chestnuts, previously boiled till tender.

Sew up the rabbit and brown lightly in butter in an earthenware casserole. Sprinkle with  $\frac{1}{2}$  tablespoon flour and, when this has browned, add  $\frac{1}{2}$  pint stock, and 1 gill white wine. Bring to the boil, add 1 tablespoon thick Tomato purée (p. 506), mixed herbs, salt and peppercorns. Simmer for 1 hour and, 30 minutes before serving, add 6 or 8 chipolata sausages and a few previously boiled chestnuts.

### LAPIN EN GIBELOTTE

Carve a young rabbit, weighing about 5 to 6 lbs. into neat joints and brown in butter, oil or lard, seasoning with salt and pepper. Sprinkle with flour and stir till the flour has browned. Then add 3 or 4 tablespoons stock and 1 gill white wine. Bring to the boil and simmer for 30 minutes. Then add  $\frac{1}{2}$  lb. lean gammon cut in dice, 12 or more pickling onions, previously browned in butter and  $\frac{1}{2}$  lb. mushrooms, also cooked in butter, and halved if large. Again season with salt and pepper and add 1 clove of garlic. Simmer for 30 to 35 minutes, till the rabbit is tender. Serve on a deep dish and garnish with croûtons of fried bread (p. 25).

### LAPIN AUX PRUNEAUX

Cut the rabbit into joints and put in an earthenware casserole. Cover with a marinade consisting of  $\frac{2}{3}$  red wine and  $\frac{1}{3}$  vinegar, salt, peppercorns, 1 or 2 bayleaves, thyme, marjoram, fennel and other aromatic herbs. Let stand for 24 hours. Remove the pieces of rabbit from the marinade, dry them carefully and brown to a light colour in butter. Add 1 tablespoon flour and mix well with the butter, till it browns. Season highly with salt and pepper, cover with red wine and add 1 lb. prunes, previously soaked in cold water for 12 hours. Bring to the boil and simmer till the meat and the prunes are quite tender. Just before serving, add 1 tablespoon gooseberry jam.

### LAPIN SAUTÉ CHASSEUR

See Chicken Sauté Chasseur (p. 384).

### LAPIN SAUTÉ MARENGO

See Chicken Sauté Marengo (p. 384).

### PÂTÉ DE LAPEREAU

See Pâté Chaud de Pigeonneau à l'Ancienne (p. 404). Use Chasseur sauce (p. 57) instead of Madeira sauce.

### PÂTÉ DE LAPIN

See Giblet Pie (p. 400). Use slices of veal and ham instead of beef.

## RABBIT CROQUETTES

See Chicken Croquettes (p. 386).

## RABBIT À LA 'GALICIA

Cut the rabbit into joints and brown in hot oil to a golden colour, seasoning with salt and pepper. Add 1 lb. sliced onions and the same of tomatoes, and cook till brown. Finally, add 2 ozs. gammon cut in dice. Cover and simmer for 1 hour, or till the rabbit is tender.

## RABBIT PIE

Cut  $\frac{3}{4}$  lbs. of blanched bacon or pickled pork into small dice and put them in the bottom of a pie-dish. Over them put the rabbit, cut into neat joints, a few small forcemeat balls made with veal and bacon and seasoned with herbs, salt and pepper and 1 or 2 eggs to bind. Fill the dish  $\frac{3}{4}$  full with stock, cover with a lid of pastry, leaving a small opening in the centre for the steam to escape, and put in a brisk oven till the pastry has risen. Then cook slowly for  $1\frac{1}{2}$  to 2 hours. Before serving, add a little more hot stock.

## RABBIT À LA POULETTE

Cut the rabbit in joints and cook in  $1\frac{1}{2}$  ozs. butter, but without browning. Sprinkle with 1 teaspoon flour, stir, and add gradually  $\frac{1}{2}$  pint hot stock. Season with salt and pepper, bring to the boil, cover and simmer for 1 hour. Just before serving add the yolk of 1 egg, previously diluted with a few tablespoons hot stock and 1 tablespoon lemon juice. Put the pieces of rabbit on a hot dish, pour the sauce over them and sprinkle with a little chopped parsley.

## RABBIT WITH MUSHROOMS

See Chicken with Mushrooms (p. 372).

## RABBIT SAUTÉ PARMENTIER

See Chicken Sauté Parmentier (p. 385).

## RABBIT WITH SOUR-SWEET SAUCE

Divide the rabbit into joints and put in an earthenware casserole with  $\frac{1}{2}$  pint wine vinegar, 1 gill thick Tomato sauce (p. 71), 2 or 3 sticks of celery, 10 or 12 chopped olives, 1 tablespoon of capers, 3 or 4 tablespoons sugar and a little salt. Simmer for  $1\frac{1}{2}$  hours, till the rabbit is tender.

## ROAST RABBIT

Truss the rabbit for roasting (p. 33). Season with salt and pepper, brush over with melted butter or oil, and cook in a

hot oven for the first 10 to 12 minutes, and thereafter in a moderate oven, basting frequently and allowing from 20 to 25 minutes to the lb. Serve with Gravy (p. 44) and red currant jelly. Or the rabbit can either be stuffed with Veal Force meat (p. 79), or larded (p. 27).

### ROAST RABBIT WITH MUSTARD

Season the rabbit with salt and brush all over with French mustard, wrap in thin slices of larding bacon, tie up with string, and roast. Baste frequently with melted butter, and allow 20 to 25 minutes to the lb. Serve with Mustard sauce (p. 65).

### STEWED RABBIT (1)

Clean the rabbit and divide into joints. Pack closely in a pie-dish, sprinkle with 1 or 2 finely chopped onions, and season with salt and pepper. Add about 1 pint stock or water, cover with an inverted pie-dish, and simmer in a moderate oven for 1 to 1½ hours, till the rabbit is tender.

### STEWED RABBIT (2)

Cut ½ lb. gammon in small dice and brown these in butter. When done, remove from the pan and in the same butter brown 2 dozen pickling onions left whole. When well browned, take out of the pan and brown the rabbit, which should be divided into neat joints. When lightly coloured, sprinkle with a heaped tablespoon of flour, and stir till brown. Now add the gammon and onion, cover with about 1 pint hot stock. Season with salt and peppercorns, 1 or 2 cloves, a sprig of parsley, 1 of thyme and a bayleaf. Cover closely and simmer for 1½ hours, till the rabbit is tender. 10 minutes before serving, add 1 glass claret. To serve, put the pieces of rabbit in the centre of a hot dish, garnish with the gammon and onions, and strain the sauce over the whole.

### TERRINE DE LAPIN

Joint the rabbit, set aside the hindquarters and carve the back into thin slices. Keep the kidneys and the liver. With the rest of the rabbit make a forcemeat, mixing with ¾ lbs. lean pork and 2 ozs. fat bacon, all finely chopped, and seasoned with salt, pepper and a pinch of mixed spices. Put 2 ozs. lard in a deep frying pan and lightly cook the slices of rabbit, the jointed hindquarters, the liver (from which the gall bladder has been removed) and the sliced kidneys. Now cut the pieces of rabbit in 2 or 3-inch lengths, or into small thin slices, add 2 ozs. diced gammon, and moisten with a wineglass of Madeira and a little brandy. Let stand for 1 hour, turning the pieces occasionally.

Line an earthenware terrine with bacon rashers, over this put a layer of forcemeat, to which the chopped kidneys have been added, then put the pieces of rabbit, and continue with alternate layers of forcemeat and rabbit till the terrine is full. Cover with rashers of bacon and then with the lid. Stand the terrine in a pan of boiling water, and put in a moderate oven, keeping the water constantly on the boil, and allow 35 minutes to the lb. When done, remove from the oven, and let stand for 15 minutes. Take the lid off and cover with a small plate, placing a heavy weight over it. Let stand for 24 hours in a cool place and it is then ready for use. If the terrine is to be kept several days, remove the contents carefully and trim off all the jelly. Replace in the terrine and coat thickly with melted lard. When cold, put the lid on and keep in a cool place.

### SALMIS OF GAME

Although salmis of game may differ slightly in details, the principles of the classical salmis remain the same. The birds are roasted and, when nearly done, taken out of the oven and carved carefully, removing all the meat from the carcass. Put just under  $\frac{1}{2}$  pint white wine in a small saucepan, with 2 or 3 chopped shallots, a bayleaf, a sprig of thyme and parsley. Simmer till reduced to about  $\frac{1}{3}$ . Chop up the carcass of the bird or birds and pound in a mortar. Add to the white wine, mixing thoroughly and adding a bare  $\frac{1}{2}$  pint Espagnole sauce (p. 50). Simmer for 20 minutes, skimming carefully. Now put the carved bird in a saucepan, strain  $\frac{1}{2}$  the sauce over it, and simmer without boiling. Add 1 oz. butter, divided in small pieces, to the remainder of the sauce and strain over the bird. Simmer for a few minutes longer and, to serve, put the pieces of bird on a hot dish, strain the sauce over them, and garnish with croûtons of fried bread. A salmis can also be garnished with cooked mushrooms and sliced truffles. Birds most usually cooked in this manner are the different kinds of wild duck, pheasants, partridges, woodcock, snipe, grouse, hazel hens, and sometimes poultry—duck and guinea fowl being the most usual.

### SNIFE

See Woodcock (p. 440). The snipe is not drawn. To roast, cover with larding bacon, season with salt and a little pepper, and cook in a brisk oven for 10 minutes, basting with butter. Serve on a slice of fried bread, with a little of the butter with which the birds were basted, thinned with a tablespoon of brandy.

### TEAL

See Wild Duck (p. 439).



## Venison

## BRAISED VENISON

Brown 5 to 6 lbs. of the best part of a haunch of venison in hot fat. Line a large saucepan with strips of fat bacon, a sliced carrot, onion, turnip, 1 or 2 sticks of celery, and over this lay the venison. Season with salt and peppercorns, add a herb bouquet, moisten with  $\frac{1}{2}$  pint stock or water, cover and simmer in a moderate oven for  $3\frac{1}{2}$  to 4 hours, turning the venison occasionally. When done, put on a hot dish, strain the sauce over it and either garnish with the vegetables, or with vegetables cooked separately.

## CIVET DE CHEVREUIL

The pieces most generally used are the shoulder, the neck and breast. Put the pieces of venison in a deep dish, cover with sliced onions, mixed herbs and moisten with red wine. This wine is afterwards used in the making of the sauce. Let stand for 6 hours, turning the pieces of venison frequently. Dry in a cloth and proceed as in the making of Civet de Lièvre (p. 416).

## CÔTELETTES DE CHEVREUIL AU GENIÈVRE

Cook the cutlets in a deep sauté pan in hot oil (p. 87 for Sautés). Put them on a hot dish with a heart-shaped croûton of fried bread (p. 25) between each. Pour the oil from the pan, and in the same pan, mix 1 small liqueur glass of gin with 6 tablespoons cream and 1 crushed juniper berry. Stir well, without boiling, add the juice  $\frac{1}{2}$  small lemon, 3 or 4 tablespoons Poivrade sauce (p. 68) and pour over the cutlets. Serve with Apple sauce (p. 53).

## CÔTELETTES DE CHEVREUIL À LA MINUTE

Cook the cutlets in a sauté pan in very little hot oil, sprinkling with a little chopped onion. When done, put on a hot dish, and in the centre of the dish put cooked chopped mushrooms. Put 1 tablespoon brandy in the pan in which they were cooked, stir and add 3 tablespoons Poivrade sauce (p. 68), 2 ozs. butter and 1 teaspoon lemon juice. Strain over the cutlets and serve.

## CÔTELETTES DE CHEVREUIL SAUCE POIVRADE

Cook the cutlets as in preceding recipe. Put on a hot dish with heart-shaped croûtons of fried bread, and cover with Poivrade sauce (p. 68). Serve with a Purée of Chestnuts (p. 473).

### DEER HAGGIS

Mince the heart and  $\frac{1}{2}$  the liver, previously boiled till tender, with  $\frac{1}{2}$  lb. suet and 4 tablespoons coarse oatmeal, toasted in the oven, 2 or 3 onions, 1 tablespoon salt and plenty of black pepper. Mix thoroughly, put in a pudding basin, cover with paste, tie in a cloth and boil for 4 to 4 $\frac{1}{2}$  hours. Untie the cloth, remove the lid of paste and serve in the basin.

### MINCED COLLOPS OF VENISON

Mince 2 lbs. lean venison, brown in hot fat with 1 finely chopped onion, seasoning with salt and pepper. Add 4 tablespoons stock and simmer for 2 hours, stirring occasionally.

### POTTED VENISON

See Potted Hare (p. 419).

### ROAST HAUNCH OF VENISON

In cold weather, venison should be allowed to hang for 14 days. Keep in a dry and cool place and, if it should become in the slightest bit tainted, the affected parts should be washed in warm water and milk, then well dried, and well rubbed over with ground ginger and pepper. It is, in fact, advisable to rub the venison with these in the first instance, wiping it dry every day, as this helps to retard decomposition. When ready to use, saw off the knuckle bone, season highly with salt and pepper, brush over with melted fat, wrap in a greased paper, and surround with a paste made of flour and water. Again wrap in greased paper and tie securely with string. Roast in a moderate oven for 3 to 4 hours, or longer, according to size, turning occasionally, and basting frequently with hot fat or butter. 30 minutes before serving, remove the paper and paste, sprinkle with a little flour, and baste frequently with butter till the meat has browned. Serve with Gravy (p. 44) and red currant jelly.

### ROAST NECK OF VENISON

The rib bones should be sawn across and the short ends removed. Fold the flap under and fasten. Roast in the same manner as Roast Haunch of Venison, in preceding recipe.

### ROAST SHOULDER OF VENISON

Cooked in the same manner as Roast Haunch of Venison (above).

### SADDLE OF VENISON GRAND VENEUR

Soak the venison in a white wine marinade (p. 82 for cooked marinade for meat and venison) for 2 hours. Wipe dry, surround with rashers of larding bacon, and roast, allowing 15 minutes

to the lb. When done, put on a hot dish, cover with Poivrade sauce (p. 68) and garnish with potato croquettes (p. 494). Serve with a Grand Veneur sauce (p. 62), a Purée of Chestnuts (p. 473), and plain boiled French beans (p. 455).

### SADDLE OF VENISON WITH HORSERADISH SAUCE

Roast the saddle of venison as in preceding recipe, and serve with Horseradish sauce (p. 63), to which 2 tablespoons gooseberry jam or jelly have been added.

### SADDLE OF VENISON À LA VIENNOISE

Lard the saddle of venison closely with larding bacon (p. 27 for Larding). Put 2 or 3 sliced onions, carrots and turnips in a saucepan with 1 clove chopped garlic, sprig of parsley, thyme and rosemary,  $\frac{1}{2}$  pint stock or water, and 1 gill red wine. Bring to the boil and simmer for 30 minutes. Then put in the venison, season with salt and peppercorns, cover closely and simmer for 2 to 2 $\frac{1}{2}$  hours, according to the toughness of the meat. When nearly cooked, remove the joint from the saucepan, strain the sauce, replace the venison in the saucepan, pour the sauce over it and stir in 6 tablespoons sour cream and cook till done. Serve with Potato croquettes (p. 494) and red currant jelly.

### SCOTCH RED DEER OR ROE

Rub a haunch of venison well with salt, pepper and mixed spices. Then soak in claret and 1 gill vinegar and the juice of 3 lemons for 6 hours, turning and basting frequently. Brush the venison with melted butter and roast, basting with the strained wine, etc., to which 2 ozs. melted butter have been added. To serve, put on a hot dish and mix a little boiling stock to the basting in the meat pan. Strain into a sauceboat, adding the juice of  $\frac{1}{2}$  lemon.

### STUFFED BREAST OF VENISON

Stuff the breast of venison with the following mixture: Chop  $\frac{1}{2}$  lb. lean venison meat with  $\frac{1}{4}$  lb. gammon or fresh pork, 1 onion, a few strips lemon peel, 3 or 4 pounded cloves, and bind with 1 egg, 3 tablespoons sour cream and season with salt and pepper. Put the stuffed breast of venison in a saucepan and cover with equal parts vinegar and water. Season with salt, bring to the boil and simmer till half cooked. Remove from the liquid, dry with a cloth, lard closely with larding bacon (p. 27 for Larding), and coat with breadcrumbs mixed with salt and pepper. Put in a meat tin with a little of the marinade in which it was cooked, cover with a buttered paper and cook in a moderate oven till tender. .

## VENISON CHOPS, AND STEAKS

The chops are cut from the loin. The steak is usually a thick slice from the leg. They can both be grilled and served with various suitable sauces, or with a sauce made of equal quantities of dissolved red currant jelly, red wine and clarified butter.

## VENISON COLLOPS

Cut thin and neat slices from either the haunch or the loin. Fry the collops in hot butter or fat, and when done put on a hot dish and pour the following sauce over them: Make a brown roux with 1 oz. butter and a little less of flour (see p. 48 for Roux or Thickenings) and add gradually 1 gill hot stock made with venison bones and trimmings. Add the juice of  $\frac{1}{2}$  orange, small glass claret, season with salt, cayenne and grated nutmeg. Stir and simmer for 10 minutes without boiling.

## VENISON CUTLETS

Trim, pare and flatten cutlets taken from the best of the neck of venison, season with salt and pepper, brush over with melted butter and grill over or under a slow grill for 20 to 30 minutes. To serve, put the cutlets on a hot dish, and over each put a pat of plain butter. Serve with grilled or sauté Mushrooms (pp. 484, 485).

## VENISON CUTLETS WITH CHERRIES

Cook the cutlets in hot butter, put on a hot dish with slices of fried bread between each. In the centre of the dish put a little Cherry Compôte (p. 673) and pour a little Grand Veneur sauce over the cutlets (p. 62).

## VENISON PASTY

Cut some lean venison meat, free from all bone and skin, into small slices and put in a pie-dish with a few slices of either fat venison or mutton fat. Sprinkle with chopped onion, season with salt, pepper, mace and allspice and moisten with a little stock made from venison bones and trimmings, 1 gill port or claret, and a little vinegar. Cover with a thick lid of pastry, leaving an opening in the centre for the steam to escape. Bake in a moderate oven for about 2 to 2½ hours. 20 minutes before serving, add a little more stock, cover the opening, and brush the pastry over with milk or water to glaze.

## VENISON PIE (Cold)

Cut 3 lbs. venison into thin slices, season with salt and pepper, sprinkle with chopped parsley and onion, and fold each slice over. Pack the pieces of venison in a pie-dish, cover with stock and an inverted pie-dish and simmer for for 2½ hours. Let stand for 12 hours. Remove all fat, cover with puff pastry or short

crust (pp. 539, 541), and put in a moderate oven for 2 hours, adding more stock occasionally through the opening left in the centre of the pie. Ten minutes before removing from the oven, add a little more stock and 1 tablespoon of sherry and close the opening with pastry. Let stand till quite cold.

### VENISON STEAKS WITH GRAND VENEUR SAUCE

Cut small individual steaks, weighing not more than 2½ to 3 ozs. from the haunch, lard with larding bacon (p. 27 for Larding), season with salt and pepper and cook in hot butter. Cover with Grand Veneur sauce (p. 62) and serve with a Chestnut purée (p. 473).

### VENISON STEAKS À LA ROMANOFF

Cook the small steaks in butter, and garnish with braised cucumber chunks, stuffed with a thick purée of mushrooms (p. 486 for Mushrooms purée) and a few cèpes or mushrooms cooked in cream (p. 484). Serve with a Poivrade sauce (p. 68).

### VENISON STEAKS À LA VALENCIA

Cook the steaks as in preceding recipe. Put each on a croûton of fried bread (p. 25) cover lightly with Bigarrade sauce (p. 55) and garnish with small peeled and quartered oranges. Serve Bigarrade sauce in a sauceboat.

### WILD DUCK

Carve thin neat slices from the breast of the duck, season with salt and pepper and cook lightly in butter. Put on a hot dish and cover with Anchovy sauce (p. 53).

### FILLETS OF WILD DUCK SAUTÉS

Prepare and cook as in the preceding recipe. When done, put on a hot dish, pour away some of the butter in which the fillets were cooked, stir in 3 or 4 tablespoons red wine, cook for a few minutes and pour over the pieces of duck.

### FILLETS OF WILD DUCK WITH SOUBISE OR ONION SAUCE

Prepare and cook as in preceding recipes. When done, put on a hot dish and coat with Soubise or Onion sauce (p. 70).

### ROAST WILD DUCK

Wild duck is not, like most other birds, covered with larding bacon, and should be roasted in a brisk oven for about 20 minutes. It should be served somewhat underdone. Garnish with quartered lemon and bunches of watercress.

**ROAST WILD DUCK À LA BIGARRADE**

Serve the roasted duck with a Bigarrade sauce in a sauceboat (p. 55) and garnish the dish with peeled and quartered oranges.

**ROAST WILD DUCK WITH OLIVES**

Garnish the roasted duck with stoned and blanched olives (p. 27 for blanching olives) and pour over the duck a little of the butter with which it was basted, mixed with 2 or 3 table-spoons of red wine or port.

**ROAST WILD DUCK WITH CRANBERRY SAUCE**

Serve the roast duck with Cranberry sauce (p. 59).

**ROAST WILD DUCK WITH PORT WINE SAUCE**

Serve the roast duck with Port Wine sauce (p. 68).

**ROAST WILD DUCK STUFFED WITH OLIVES**

Blanch and stone  $\frac{1}{2}$  lb. or more of olives, according to the size of the duck. Fill each olive with a filleted anchovy, and stuff the duck with the olives. Roast and serve with half-melted Anchovy Butter (p. 74).

**SALMIS OF WILD DUCK**

See Salmis of Game (p. 434). It can be made with either white or red wine.

**Woodcock****BÉCASSE FLAMBÉE**

Roast the woodcock (Roast Woodcock, p. 441), and when done put on a hot silver dish. Pour a little of the butter in which it was cooked over it, and a wine glass of hot brandy. Set alight and serve.

**CHAUD-FROID OF WOODCOCK**

See Chaud-froid of chicken (p. 368), but using brown Chaud-froid sauce (p. 58).

**FRICASSEÉ OF WOODCOCK**

Draw the woodcock, and keep the liver, etc., but not the gizzard. Carve the birds into 4 pieces each. Cut 3 ozs. gammon into dice and brown these in a little butter or fat with 2 ozs. chopped onions, and 1 of chopped shallots. Sprinkle with a level tablespoon flour and brown. Then add 1 pint red wine, the woodcock, a clove of garlic, a bouquet of mixed herbs, 1 or 2 cloves, a few crushed juniper berries, salt and peppercorns. Bring to the boil and simmer for 30 to 40 minutes. Remove

the birds from the sauce and keep hot. Now add the liver, etc., of the birds, made into a paste with a little oil, and mix thoroughly with the sauce. Simmer till the sauce begins to thicken, and strain over the woodcocks. •

### HOT WOODCOCK PIE

See *Pâté de Lièvre* (p. 419), but serve hot. Use 4 or 5 woodcocks, the meat from one being used for the forcemeat.

### MOUSSE OF WOODCOCK

See *Mousse of Ham* (p. 356), but add the liver, etc., of the birds, well pounded, to the mixture.

### POTTED WOODCOCK

See *Potted Black Cock* (p. 412).

### ROAST WOODCOCK

Do not draw the birds. Remove only the gizzard. Truss in the usual manner, but do not cut off the head, and pass the long beak of the bird through the leg and body instead of a skewer. Season with salt and pepper, cover with larding bacon, tie and roast in a quick oven for 15 to 18 minutes, basting with butter. Remove the larding bacon and place each bird on a piece of bread, fried in butter. Garnish with quartered lemons and bunches of watercress. Serve with a little of the butter with which they were basted, mixed with a tablespoon of brandy, gravy in a sauceboat and fried breadcrumbs (p. 26).

### SALMIS DE BÈCASSES À LA PROVENÇALE

Roast 2 woodcock, without drawing them. Set aside till cold, carve the birds and put in an earthenware casserole. Mince the bones and carcass, and the liver, etc., with a slice of bread moistened with the bastings from the woodcock. Pound in a mortar, and mix with  $\frac{1}{2}$  pint stock or white wine. Add the butter with which the birds were basted, 1 finely chopped onion, salt, mixed spices, and stir for a few minutes. Strain this sauce over the birds, cook for a few minutes so as to get thoroughly hot, put the pieces of woodcock on slices of fried bread and pour the sauce over them.

### SALMIS OF WOODCOCK

See *Salmis of Game* (p. 434).

### WOODCOCK IN ASPIC

Put the carved and roasted birds in a silver dish when quite cold, cover with melted aspic jelly (p. 46) and stand in a cold place till set. Decorate with chopped jelly.

## Vegetables

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### Globe Artichokes

#### ARTICHAUTS À LA BARIGOULE

Prepare and boil (p. 448)—for 10 to 12 minutes only—6 artichokes of the same size. Drain thoroughly, carefully remove the centre leaves, and with a small sharp knife remove the choke and put a tablespoon of the following stuffing in each: Melt 1 oz. of butter in a saucepan, add 3 or 4 tablespoons of stock,  $\frac{1}{2}$  lb. of

chopped mushrooms,  $\frac{1}{4}$  lb. of gammon, and stir for a few minutes till lightly browned. Then add  $1\frac{1}{2}$  ozs. of chopped onion,  $\frac{1}{4}$  oz. of shallots, 1 clove of garlic (optional) and cook till lightly browned, seasoning with salt and pepper. Bind with the yolk of an egg. Having stuffed the artichokes with this mixture, cover each with a rasher of fat bacon and tie with string. Line a large saucepan with a layer of bacon rashers; over this put 3 or 4 sliced carrots and onions, a bouquet of herbs, and finally the artichokes. Moisten with  $\frac{1}{2}$  pint of stock, a glass of white wine, cover and simmer for about 45 minutes to 1 hour, according to the size of the artichokes. When done, remove the rasher from the artichokes, put on a hot dish and strain the sauce into a small saucepan. Stir in 1 teaspoon of flour, and when the sauce begins to thicken pour it over the artichokes.

### ARTICHAUTS À LA JUIVE

For this dish very small artichokes should be used. They should not be more than about 2 inches in circumference. Remove the outer leaves, trim the tips of the other leaves, but leave about  $1\frac{1}{2}$  inches of stalk. Fry in a deep pan of very hot oil till lightly browned. Remove from the oil, drain, season with salt and pepper, open up the artichokes slightly and put on a hot dish. In these very small artichokes the choke and the whole leaves are edible.

### ARTICHAUTS À LA LYONNAISE

Remove the stalks and outer leaves from 3 large artichokes and quarter them. Remove the choke and most of the leaves, leaving only the soft ones attached to the quartered artichoke bottoms. Melt  $\frac{1}{2}$  lb. of butter in a saucepan, put in the artichokes, season with salt and pepper, cover and simmer for 30 minutes. Then put the saucepan on a fiercer fire and cook quickly for 20 to 30 minutes, turning the artichokes occasionally so that they do not burn. Put on a hot dish and pour the butter over them.

### ARTICHAUTS À LA PROVENÇALE

Choose some small artichokes, trim and remove the stalks. Put them in an earthenware casserole in 3 or 4 tablespoons of hot oil, season with salt and pepper, cover and simmer for 10 minutes. Then add  $\frac{1}{2}$  pint of small fresh green peas and 1 lettuce coarsely shredded. Cover and simmer gently for another 45 minutes or till the peas are tender. Serve in the casserole.

### ARTICHOKES WITH SPINACH

Blanch  $2\frac{1}{2}$  lbs. of spinach for 5 to 8 minutes. Drain thoroughly and chop coarsely. Put 3 tablespoons of oil in an earthenware casserole with 1 large chopped onion. Stir and cook for 10 minutes, but without browning. Then add the spinach, stir and mix well, season with salt and pepper, 1 clove of garlic, and put in the artichokes, previously trimmed. Sprinkle each with a little oil and simmer for 5 minutes. Then add  $\frac{3}{4}$  pints of hot water, cover the casserole and simmer till the artichokes are quite tender. When done the water should have completely evaporated. Put the spinach in the centre of a hot dish with the artichokes around.

### ARTICHOKES WITH VARIOUS SAUCES

Plain boiled artichokes can be served with various sauces, the most suitable being melted butter, Hollandaise or Mousseline Sauce (pp. 62, 65).

### BOILED ARTICHOKES

Remove the stalk by breaking it off rather than cutting it. In this way some of the coarse fibres attached to the bottom of the artichoke are torn off. Remove the coarse outer leaves at the base of the artichoke, and with a sharp pair of scissors nip off the hard ends of the other leaves. Tie each artichoke with string so as to keep the leaves together and put in a large saucepan of boiling salted water. The time for boiling depends on the size and freshness of the artichoke. To test whether done, pull off one of the larger leaves. If it comes off easily, the artichoke is sufficiently cooked. Remove from the water, put on a sieve head downwards to drain. Hold with a cloth to squeeze out all the water, remove the string and serve on a folded napkin on a hot dish. Serve with the appropriate sauce in a sauceboat.

### CROQUETTES OF ARTICHOKE

Remove all the leaves and the choke from the artichoke and blanch the bottoms in boiling salted water till tender. When done, drain and cut into small dice. Mix with half their weight of chopped cooked ham, one-quarter their weight of chopped mushrooms and bind with a thick Béchamel sauce (p. 52) and the yolks of 1 or 2 eggs, seasoning with salt and pepper. Shape into either small corks or flat croquettes, brush over with melted butter, coat with breadcrumbs and fry in deep fat. Drain and serve with a Soubise sauce (p. 70).

### CROÛTES AUX FONDS D'ARTICHAUTS

Shred the bottoms of uncooked artichokes and blanch for 5 minutes in boiling salted water. Drain and put in a buttered

saucepan with a little cream and season with salt, pepper and a little nutmeg. Stir and cook for 8 to 10 minutes. Fill small bread cases, fried in butter (p. 25), with the mixture and serve very hot.

### FONDS D'ARTICHAUTS AUX POINTES D'ASPERGES

Blanch the bottoms of the artichokes in boiling salted water till tender, drain, and cover each with asparagus tips cooked in cream and butter, and cover with Mornay sauce (p. 65).

### FONDS D'ARTICHAUTS SAUTÉS

Slice the uncooked bottoms of artichokes and cook in butter, seasoning with salt and pepper, in a sauté pan till tender. Put on a hot dish and sprinkle with a little parsley, thyme and tarragon.

### FRIED ARTICHOKEs

Blanch the bottoms of artichokes in boiling salted water, drain and cut into quarters. Dip in frying batter (p. 83) and fry in deep fat. Drain and serve on a hot dish on a folded napkin.

### PURÉE OF ARTICHOKEs

Trim the bottoms of artichokes, and in order to keep them very white put in a basin of cold water with 1 or 2 tablespoons of vinegar as soon as they are trimmed. Blanch in boiling salted water for 6 to 8 minutes, drain, and finish cooking in a saucepan in butter till they are very tender. Rub through a sieve and mix with a potato purée, in the proportion of one-third of potato purée to two-thirds of artichoke purée. Mix in a saucepan, moistening with melted butter and a little Brown Butter (p. 55).

### QUARTERED ARTICHOKEs WITH CREAM SAUCE

Blanch the bottoms of artichokes in salted water and finish cooking in a Cream sauce (p. 59).

### ARTICHOKEs, JAPANESE

Japanese artichokes should be washed in several waters and drained. With a small sharp knife remove the tips of each. They can then either be scraped, which is a long and tedious process, as they are so small, or put in a cloth with a handful of coarse salt, or bay salt, and well shaken, then washed again in cold water and rubbed with the hands to remove the thin skin. Drain and blanch in boiling salted water for 10 to 12 minutes. Japanese artichokes should never be boiled soft. They should always remain firm and almost crisp. A common error is to overboil them. When done, drain thoroughly and prepare as required.

**BOILED JAPANESE ARTICHOKEs WITH BUTTER**

Prepare and cook the artichokes as in preceding recipe, and when well drained put in a saucepan with a large lump of butter, season with salt and pepper, mix thoroughly and put on a hot dish.

**CROQUETTES OF JAPANESE ARTICHOKEs**

Prepare and cook the artichokes as in preceding recipes, drain and mix with a thick Béchamel sauce (p. 52), and bind with yolks of eggs to the proper consistency. Shape into croquettes, brush with melted butter, coat with breadcrumbs and fry in deep fat. Serve on a hot dish on a folded napkin.

**JAPANESE ARTICHOKEs WITH BÉCHAMEL SAUCE**

Prepare and cook as in preceding recipes, and mix with Béchamel sauce (p. 52) in the proportions of  $\frac{1}{2}$  pint of sauce to every lb. of artichokes.

**JAPANESE ARTICHOKEs WITH CREAM SAUCE**

The same as preceding recipes, but mixing with Cream sauce (p. 59) in the same proportions.

**JAPANESE ARTICHOKE FRITTERS**

Prepare as for Croquettes (above) and, when quite cold, dip a spoonful at a time in frying batter (p. 83) and fry in deep fat. Serve on a dish on a folded napkin.

**JAPANESE ARTICHOKEs SAUTÉS IN BUTTER**

Prepare and boil as in preceding recipes, drain thoroughly and cook in butter in a sauté pan till lightly brown, seasoning with salt and pepper. Put on a hot dish, and sprinkle with a little chopped parsley and lemon juice.

**PURÉE OF JAPANESE ARTICHOKEs**

Prepare and boil as in preceding recipes, and to every lb. of artichokes add  $\frac{1}{4}$  lb. of potatoes cut in small dice. When done, rub both through a sieve, put in a saucepan and add sufficient milk and butter to make into a light purée, seasoning with salt and pepper.

**ARTICHOKEs, JERUSALEM**

Wash the artichokes thoroughly in cold water and peel them, putting them in a basin of cold water with a little vinegar, so as to keep them white. Slice in thick slices and put in a large saucepan of boiling salted water. Boil till tender but quite firm, which will take from 10 to 15 minutes, according to the size of the artichokes and the thickness of the slices. Drain thoroughly and use as required.



**FRIED JERUSALEM ARTICHOKEs**

Prepare and cook as in preceding recipe, cutting in somewhat thick slices. Drain and dip each slice in frying batter (p. 83) and fry in deep fat. Drain and serve on a folded napkin on a hot dish.

**JERUSALEM ARTICHOKEs WITH BÉCHAMEL SAUCE**

Peel the artichokes and quarter them. Divide these quarters in half lengthwise. Do not wash them or put in water, but dry with a cloth. To every 1½ lbs. of artichokes allow 2 ozs. of butter. Melt the butter in a saucepan, add the artichokes and toss over a moderate fire for a few minutes without browning. Cover and simmer on a slow fire or in a moderate oven for about 20 minutes, shaking the pan occasionally. Do not let them brown. They should be quite tender, but not broken. Mix with Béchamel sauce (p. 52) and cook for 5 minutes longer without boiling.

**JERUSALEM ARTICHOKEs WITH CREAM SAUCE**

The same as preceding recipe, but with Cream sauce (p. 59).

**JERUSALEM ARTICHOKE CROQUETTES**

See Croquettes of Japanese Artichokes (p. 451).

**JERUSALEM ARTICHOKEs AU GRATIN**

Either boil or cook the artichokes in butter as in preceding recipes. Slice them thickly, put in a fireproof dish, cover with Mornay sauce (p. 65), sprinkle with breadcrumbs and grated cheese, dot with a few pats of butter and brown in a quick oven.

**PURÉE OF JERUSALEM ARTICHOKEs**

See Purée of Globe Artichokes (p. 449).

**SOUFFLÉ OF JERUSALEM ARTICHOKEs**

See Potato Soufflé (p. 498).

**TOPINAMBOURS EN DAUBE**

Cook 1 large chopped onion in 2 ozs. of butter, but without browning, for 15 to 20 minutes. Then add 1½ lbs. of artichokes, prepared and sliced, 1 or 2 cloves of garlic, a pinch of mixed spice, salt, pepper and a bouquet of herbs. Toss over a slow fire for a few minutes, then barely cover with equal quantities of white wine and stock. Simmer very gently till the artichokes are tender.

**TOPINAMBOURS À LA PROVENÇALE**

Peel and slice the artichokes and cook in a little stock till tender. Drain and cook in butter in a sauté pan with sliced

tomatoes, 1 or 2 cloves of chopped garlic, 1 chopped onion, a sprig of thyme and 1 of fennel, seasoning with salt and pepper. Put all on a hot dish and sprinkle with salt and pepper.

### ASPARAGUS

Scrape the asparagus, or it is preferable to peel them lightly with a small sharp knife from the beginning of the white part downwards. Put them in cold water, then drain and tie into bunches. Cut the end of the white stalks evenly, leaving sufficient of the stalk, however for the asparagus to be easily handled. Cook in a large saucepan of boiling salted water till tender, 10 to 12 minutes being sufficient for medium sized asparagus, but the time varies according to size and freshness. When done, drain thoroughly and use as required.

### ASPARAGUS WITH VARIOUS SAUCES

Boiled hot asparagus are served on a folded napkin on a hot dish or on a special silver grill or trivet. The sauces which usually accompany them are melted butter, Hollandaise or Mousseline sauce (pp. 62, 65).

### ASPARAGUS WITH CREAM SAUCE

Boil the asparagus above, drain and cut off the tips or green parts. Put in a saucepan and mix with Cream sauce (p. 59).

### ASPERGES À LA FLAMANDE

Boil the asparagus above, drain and put on a hot dish. On each plate put an egg, boiled for 6 minutes, put in cold water, and then carefully shelled. This is seasoned with salt and pepper, according to individual taste, and mixed with melted butter and chopped parsley, and the asparagus are dipped in the mixture.

### ASPERGES À LA FLORENTINE

This consists of asparagus tips, previously boiled, lightly browned in butter, seasoned with salt and pepper, sprinkled with grated Parmesan cheese and served with fried eggs.

### ASPERGES AU GRATIN

Lay the boiled asparagus in rows on a dish, cover the white part with buttered paper, and coat the tips thickly with Mornay sauce (p. 65). Sprinkle the tips with breadcrumbs and grated cheese and either brown under a grill or in a brisk oven. Remove the paper and serve.

### ASPERGES À L'ITALIENNE

Put boiled asparagus tips in a fireproof dish, or in individual

flat fireproof dishes, moisten with melted butter, sprinkle with grated Parmesan cheese, season with salt and pepper and brown lightly in a quick oven.

### ASPERGES MORNAV

Proceed as in foregoing recipe, but cover the asparagus tips with Mornay sauce (p. 65) and brown lightly in a quick oven.

### ASPERGES SAUCE NORMANDE

Boil the asparagus, drain, put on a hot dish and either serve a Sauce Normande (p. 66) in a sauceboat or coat the tips of the asparagus with it.

### ASPERGES À LA POLONAISE

Put the boiled and drained asparagus on a hot dish. Sprinkle the tips with chopped yolks of hard-boiled eggs and parsley and moisten with Brown Butter (p. 55) to which brown breadcrumbs have been added, allowing 1 oz. of breadcrumbs to every 4 ozs. of butter.

### Aubergines (or Egg Plant)

#### ACRATS DE BÉLANGÈRES (French West Indies)

Peel the aubergines and cut in small pieces. Boil in salted water till sufficiently tender to be rubbed through a sieve. Mix a little flour to this purée of aubergines and a well-beaten egg—allowing 2 tablespoons of flour and 1 egg to every 4 medium-sized aubergines. Beat thoroughly till quite light, and add salt, pepper and finely chopped chilli peppers. Drop the mixture, a spoonful at a time, in boiling oil and fry to a light golden brown.

### AUBERGINES WITH ANCHOVIES

Cut the aubergines in half lengthwise and fry in oil till tender. Remove the pulp, mix with 2 fillets of anchovy finely chopped—allowing 3 fillets to each half aubergine, a little bread, soaked in milk and squeezed, 1 or 2 cloves of garlic and cook in the same oil in which the aubergines were fried. Stuff each half aubergine with this mixture and put in a buttered fireproof dish. Cook in a moderate oven for 20 minutes.

### AUBERGINES WITH CREAM SAUCE

Cut the aubergines into  $\frac{1}{2}$ -inch slices, put on a dish and sprinkle freely with salt. Let stand for 1 hour and drain off the water. Cook in butter over a slow fire till quite tender, but without browning, seasoning with salt and pepper. Five minutes before serving mix with a little Cream sauce (p. 59).

## AUBERGINE FRITTERS

Slice the aubergines as in preceding recipes, and sprinkle with salt. After 1 hour, wipe the slices, dip in a frying batter (p. 83) and fry in deep fat to a light golden colour. Drain and serve on a hot dish on a folded napkin.

## AUBERGINES AU GRATIN

Halve the aubergines lengthwise and cook in a sauté pan in oil or butter till tender. Remove the pulp and mix with a thick Duxelles sauce (p. 60) and fill each half aubergine with the mixture. Sprinkle with breadcrumbs, moisten with a little melted butter or oil, put in a buttered fireproof dish and brown lightly in a quick oven.

## AUBERGINES SAUCE AU CHIEN (French West Indies)

The aubergines are peeled, cut in chunks and boiled in salted water till tender. Drain and mix with finely chopped onions, previously browned in butter, a little garlic and chilli pepper, the whole being cooked to a pulp and well seasoned with salt. A little butter is added just before serving, and rice is served separately.

## AUBERGINES SOUFFLÉES

Cut the aubergines in half lengthwise and cook in oil or butter till tender. Remove the pulp, and chop very finely. Mix with an equal quantity of thick Béchamel sauce (p. 52) to which a little grated Parmesan cheese and the yolks of 2 eggs have been added. When almost cold, add the whites of 3 eggs beaten very stiffly and fill the half aubergines with the mixture. Put in a brisk oven for the first few minutes, and then continue cooking in a moderate oven till the aubergine soufflés have risen and are lightly browned.

## AUBERGINES WITH TOMATOES

Slice the aubergines thinly, sprinkle with salt and let stand for 1 hour. Drain off the water, wipe dry and cook in butter or oil to a light golden colour, sprinkling with salt and pepper. Five minutes before serving mix with sliced tomatoes, also tossed in butter till lightly coloured.

## AUBERGINES À LA TURQUE

Cook  $\frac{1}{2}$  lb. of chopped onions in oil till a golden colour, and add 1 lb. of quartered tomatoes and a little garlic. Season highly with salt and pepper. Cook slowly till reduced to a pulp. Remove the stalks of the aubergines but do not skin them. Blanch in boiling water for 5 to 8 minutes, then cut in half lengthwise. Remove a little of their pulp, and stuff each half

aubergine with a little of the onion and tomato mixture. Put in a well-buttered fireproof dish, pour a little more of the mixture over them and cook in a slow oven for 1 hour.

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### FRIED AUBERGINES

Proceed as in recipe for Aubergines with Tomatoes (p. 454), but omitting the tomatoes. Or the aubergines may be sliced lengthwise into thin strips and fried in the same manner.

### FRIED AUBERGINES WITH BREADCRUMBS

Proceed as in Aubergines with Tomatoes (p. 454), but dip the slices of aubergine in flour, coat with yolk of egg, white breadcrumbs, well seasoned with salt and pepper, and fry in deep fat. Drain and serve very hot.

### ROUGAIL D'AUBERGINES (French West Indies)

Chop a cooked and peeled aubergine finely and pound in a mortar with chilli peppers to taste, a little lemon juice, oil and salt and work to a smooth paste. Spread on bread and eat cold.

### STUFFED AUBERGINES

Allow  $\frac{1}{2}$  a large aubergine for each person, and for each  $\frac{1}{2}$  aubergine allow 1 teaspoon of chopped cooked ham, 1 of cooked meat or poultry, 1 of fine breadcrumbs, also 1 or 2 eggs. Cut the aubergines in half lengthwise and either blanch in salted water or cook in oil or butter till tender. Remove the pulp and mix with the above-mentioned ingredients, cooking all lightly in a frying pan in butter or oil, and seasoning with salt and pepper. Stuff the aubergines with the mixture, sprinkle with breadcrumbs, put in a buttered fireproof dish, moisten with a little melted butter and brown in a quick oven.

### STUFFED AUBERGINES À LA CRÉOLE

Cook and halve the aubergines as in preceding recipe. Remove the pulp, mix with the pulp of 1 small tomato to each  $\frac{1}{2}$  aubergine, 1 teaspoon of cooked onion, a little garlic, and a little bread soaked in milk and squeezed. Cook in butter, seasoning with salt and pepper, stuff the aubergines with the mixture and proceed as in foregoing recipe.

### BEANS, FRENCH

Cut about  $\frac{1}{4}$  inch from each end of the bean, and a thin strip on each side of the bean so as to remove the string. They can either be left whole or shredded. Wash them rapidly in cold water and put in a large saucepan of boiling salted water, allow-

ing  $2\frac{1}{2}$  quarts to every lb. of beans. Boil for about 15 minutes till tender but quite firm. French beans should never be boiled too soft. Drain thoroughly and use as required.

### FRENCH BEANS WITH BÉCHAMEL SAUCE

Prepare and cook as in preceding recipe. Either leave the beans whole or break in inch lengths, or shred them. Put on a hot dish and cover with Béchamel sauce (p. 52).

### FRENCH BEANS WITH MAÎTRE D'HÔTEL BUTTER

Prepare and cook as in preceding recipe. Put on a hot dish and pour melted Maître d'Hôtel butter over them (p. 75), allowing 2 ozs. to every lb. of beans. A pinch of sugar is sometimes added to the butter.

### FRENCH BEANS WITH MORNAY SAUCE

Proceed as in recipe for Beans with Béchamel Sauce, using Mornay sauce instead (p. 65).

### HARICOTS VERTS À LA ANDALUZA

Boil the beans for 5 minutes in salted water and drain. Brown them lightly in butter or oil with a few strips of ham and a few chopped tomatoes, seasoning highly with salt and pepper. Cook for 10 minutes and put on a hot dish.

### HARICOTS VERTS À LA LANDAISE

Prepare and boil the beans as directed (above), drain and put in a saucepan with a little butter and season with salt and pepper. Cook for 5 minutes without browning, and add a good sprinkling of grated cheese and 1 gill of cream to every lb. of beans. Mix well and serve.

### HARICOTS VERTS PANACHÉS

This consists of cooked beans, broken in inch lengths and mixed with equal parts of boiled flageolets (p. 478), moistened with melted butter and well seasoned with salt and pepper.

### HARICOTS VERTS À LA POULETTE

Same as French Beans with Béchamel Sauce (p. 52), but with Poulette sauce (p. 68).

### HARICOTS VERTS À LA LYONNAISE

Slice 1 large onion thinly and evenly and cook in butter till a golden colour, without browning. Then add  $\frac{3}{4}$  lbs. of cooked beans, broken in inch lengths, mix well, season with salt and pepper and serve, sprinkling with parsley.

**PURÉE OF FRENCH BEANS**

Boil the beans, drain and cook in butter till very tender. Rub through a sieve and add half the quantity of Purée of Flageolets or of haricot beans (pp. 478, 480). Mix with butter and milk and stir till very light, seasoning with salt and pepper.

**Beetroot****BAKED BEETROOT**

Wash and wipe the beetroot quite dry, but do not scrape or cut them, as the removal of even the smallest fibres before they are cooked is apt to spoil the flavour, and if the skin is pierced and the beetroot "bleeds" it loses its colour. Lay the beetroot in an earthenware dish and bake in a slow oven for 4 or 5 hours, according to the size of the beet. It should be tender but quite firm. Pare at once if to be used hot, but let it stand till cold before paring when it is to be eaten cold.

**BOILED BEETROOT**

Prepare as in preceding recipe and put in a plentiful amount of boiling salted water. Boil for 1 hour in the case of small beetroot, or 2 hours or longer in the case of larger ones.

**BEETROOT WITH CREAM SAUCE**

Slice the cooked beetroot in  $\frac{1}{4}$ -inch slices, put on a hot dish and cover with Cream sauce (p. 59).

**BEETROOT À LA MAÎTRE D'HÔTEL**

Slice the beetroot as in preceding recipes, put in a saucepan and cook for 3 or 4 minutes in a little Maître d'Hôtel butter (p. 75).

**BEETROOT WITH MORNAY SAUCE**

See Beetroot with Cream Sauce, but use Mornay sauce instead (p. 65).

**Broad Beans****BOILED BROAD BEANS**

The beans should be shelled only when about to be used. Unless the beans are quite young and tender, the thick outer skin should be removed from each bean. Boil in a large saucepan of boiling salted water. Boil till tender but not too soft. A bunch of either winter or summer savoury added to the water greatly improves the flavour of the beans. When done, drain thoroughly on a colander and dress as required.

**BROAD BEANS WITH BUTTER**

Put the boiled beans on a hot dish, season with salt and pepper, and pour melted butter over them and sprinkle with a little chopped savoury.

**BROAD BEANS WITH CREAM SAUCE**

The same as preceding recipe, but with Cream sauce (p. 59).

**FÈVES AU LARD**

Cut  $\frac{1}{4}$  lb. of bacon or gammon into small dice and blanch them. Boil  $1\frac{1}{2}$  lbs. of beans in salted water for 8 to 10 minutes and drain. Melt 1 oz. of butter in a saucepan and lightly brown the gammon or bacon. Sprinkle with 2 teaspoons of flour and stir till a light brown. Then add  $\frac{1}{2}$  pint of stock, bring to the boil and simmer, adding the beans and a seasoning of salt and pepper. Sprinkle with chopped savoury and simmer for  $\frac{1}{2}$  hour, stirring occasionally, but being careful not to break the beans.

**FÈVES À LA MÉNAGÈRE**

Put 1 tablespoon of oil in a saucepan, and when hot add 1 chopped onion and cook without browning. Add the beans, season with salt and pepper, cover and simmer very gently, adding after 10 minutes 2 or 3 tablespoons of water or just sufficient to moisten the beans, and cook till tender. A few minutes before serving add 2 yolks of egg beaten up with 2 tablespoons of water.

**FÈVES À LA POULETTE**

Put the cooked beans on a hot dish and cover with Poulette sauce (p. 68).

**PURÉE OF BROAD BEANS**

See Potato Purée (p. 498).

**Broccoli****BROCCOLI TOPS**

These are prepared in the same manner as Cauliflower (p. 468).

**BRUSSELS SPROUTS**

Choose the sprouts as much as possible of the same size, so that they will all be cooked at the same time. Remove the coarse outer leaves and cut off the stalk, leaving sufficient, however, to hold the sprout together. Wash in cold water, but do not let stand in the water. Drain and put in a plentiful amount of boiling salted water—about 3 quarts for 1 lb. of sprouts, with 1 heaped



tablespoon of salt. Boil rapidly for 10 to 12 minutes and drain thoroughly. Very young and tender sprouts take even less time. Properly boiled sprouts should be quite firm and unbroken.

### BRUSSELS SPROUTS À LA BONNE FEMME

Blanch the prepared sprouts in boiling salted water for 5 or 6 minutes. Drain, put them in a saucepan with 2 ozs. of butter to each lb. of sprouts, the butter being divided into small pieces. Season with salt and pepper, cover and simmer in the oven for 15 minutes, turning occasionally with a spoon, being careful not to break the sprouts.

### BRUSSELS SPROUTS WITH CHESTNUTS

Boil the sprouts (above), but keep them very firm. Drain thoroughly and lightly brown them in butter, allowing just under 1 oz. of butter to each lb. of sprouts. When nearly done, mix with half the quantity of chestnuts, previously boiled till tender.

### BRUSSELS SPROUTS WITH CREAM

Boil the sprouts (above), drain thoroughly and cook for a few minutes in a saucepan with a little butter to allow all the moisture to evaporate. Remove from the saucepan and chop them. Replace in the saucepan and add gradually as much cream as they will absorb, stirring over a slow fire, without boiling, and seasoning with salt and pepper.

### BRUSSELS SPROUTS AU GRATIN

Boil the sprouts (above), drain thoroughly and cook in butter, as in preceding recipe, to dry them. Mix them with a little Béchamel sauce (p. 52), put them in a fireproof dish, cover with Mornay sauce (p. 65), sprinkle with grated cheese and brown lightly in a quick oven.

### BRUSSELS SPROUTS À LA POLONAISE

See Asparagus à la Polonaise (p. 453).

### BRUSSELS SPROUTS SAUTÉS

Proceed as in recipe for Brussels Sprouts with Chestnuts, (above). but omitting the chestnuts.

### PURÉE OF BRUSSELS SPROUTS

Blanch the sprouts for 5 minutes in boiling water, drain thoroughly, and cook in butter till tender. Rub through a sieve and add a third of their weight of Potato Purée (p. 498). Mix well over a slow fire, remove the saucepan from the fire and add 2 or 3 lumps of butter.

## PAIN DE CHOUX DE BRUXELLES

Boil 2½ lbs. of sprouts, drain thoroughly and squeeze out the water with the hands. Rub through a sieve and put in a saucepan with 3½ ozs. of butter, seasoning with salt and pepper. Stir on a very slow fire and add 2 ozs. of stale bread, previously soaked in milk and pressed and rubbed through a sieve. Stir in the yolks of 2 eggs and pour the mixture in a buttered mould. Stand the mould in a pan of boiling water and simmer gently in the oven for 1 hour. Turn out on a hot dish and serve with a Cream sauce (p. 59) or gravy.

## Cabbage

### BOILED CABBAGE

Remove the coarse outer leaves of the cabbage and cut off the stalk. Either halve or quarter the cabbage and wash thoroughly in cold water. Drain thoroughly and put in a large saucepan with a plentiful amount of boiling salted water. When the water is again on the boil, allow from 10 to 15 minutes' fast boiling, according to size and freshness of the cabbage. Cabbages boiled for longer than this are apt to be flabby and flavourless. Drain thoroughly on a colander and use as required.

### BRAISED CABBAGE

Blanch the cabbage in boiling salted water as in preceding recipe. Drain and put in cold water for 10 minutes. Remove from the water and again drain and press out the water with the hands. Now separate the leaves and lay them on a cloth, removing the ribs from the outer and coarser leaves. Season slightly with salt and pepper, and put in a saucepan lined with strips of fat bacon, 1 sliced onion, 1 quartered carrot, a bouquet of herbs, and moisten with about ½ pint of unclarified stock to every 2 cabbages. Cover with more bacon rashers, put the lid on the saucepan, bring to the boil and simmer in a moderate oven for 2 hours.

### CABBAGE CROQUETTES

Prepare and boil the cabbage as directed above. Drain and press to extract the water. Chop finely and put in a saucepan with a little butter and simmer for a few minutes for the moisture to evaporate. Mix with thick Béchamel sauce (p. 52), bind with the yolk of 1 or 2 eggs, and when cold, shape into round or flat croquettes. Brush over with flour, yolk of egg and coat with bread-crumbs. Fry in deep fat and drain. Serve with a Cream sauce (p. 59).

**CABBAGE AU GRATIN**

Prepare and cook as in preceding recipe and chop coarsely. Put in a fireproof dish, coat with Mornay sauce (p. 65) and sprinkle with grated cheese. Brown in a quick oven for 10 to 15 minutes.

**CABBAGE LOAF**

See Pain de Choux de Bruxelles (p. 460).

**CABBAGE WITH MORNAY SAUCE**

Proceed as in Cabbage au Gratin, but instead of putting the chopped cabbage in a fireproof dish put it in a saucepan and mix with sufficient Mornay sauce (p. 65) to make it very creamy.

**CABBAGE WITH SOUR CREAM**

Halve a white cabbage and wash in cold water. Drain and shred very finely. Put it in a deep frying pan with 1 tablespoon of butter and 3 or 4 tablespoons of sour cream or sour milk. Season highly with salt and a little pepper. Cover the pan with a dish and simmer very gently for 2 to 2½ hours, stirring occasionally. The cabbage should be very tender and the flavour is similar to that of very mild sauerkraut.

**CHOU À LA CRÈME**

Proceed as in recipe for Cabbage with Mornay sauce (above), but using Cream sauce (p. 59).

**CHOU FARCI À L'AUVERGNATE**

Wash the cabbage and blanch in boiling salted water for 5 to 8 minutes. Drain thoroughly on a colander. Open up the cabbage and stuff the centre with the following mixture: Chop the meat of 1 small previously boiled chicken with 3 ozs. of fat bacon, 1 medium onion, 3 ozs. of bread soaked in milk and pressed, ½ a clove of garlic, 2 ozs. of chopped parsley and season with salt, pepper and mixed spices. Bind with the yolks of 2 or 3 eggs. Put the stuffed cabbage in a saucepan on a few rashers of bacon, cover with a slice of bacon, cover and simmer in the oven for 2 hours, basting occasionally with a little chicken stock.

**CHOU FARCI MAIGRE**

Remove the coarse outer leaves of the cabbage and set aside. Quarter the cabbage and shred very finely and chop. Put in a thick saucepan with 3½ ozs. of butter and simmer gently for 30 minutes, stirring constantly but without browning. When tender and of a light golden colour, add 1 oz. of chopped onion, a little chopped parsley, and simmer for 10 minutes. Remove

from the fire, and when nearly cold add 1 tablespoon of white breadcrumbs, 2 well beaten eggs and season with salt and pepper. Put a clean cloth in a basin and place the large outer leaves of the cabbage in it, so as to completely cover the cloth. Fill with the cabbage mixture, tie up and boil for 1 hour in boiling salted water. To serve, remove the cloth, put the cabbage on a hot dish and serve with either melted butter or Tomato sauce (p. 71).

### CHOU FARCI À LA NANTAISE

Blanch the cabbage in boiling salted water and when tender drain thoroughly. Open up carefully but without detaching the leaves, and coat each with a forcemeat made with cooked meat, a little cooked beef marrow and blanched bacon. Tie the cabbage in a cloth, put in an earthenware casserole on a few rashers of bacon, quartered carrots and onions, cover with stock and simmer for 3 hours. To serve, unwrap the cabbage, put on a hot dish, reduce and skim the sauce and strain over the cabbage.

### CHOU AU FROMAGE

Blanch the cabbage in boiling salted water for 10 minutes. Drain and separate the leaves. Put a layer of cabbage leaves in a well-buttered fireproof dish; over them put a layer of thin slices of Gruyère cheese, and continue filling the dish with alternate slices of cabbage and cheese, finishing with the cheese and seasoning with salt and pepper. Sprinkle with breadcrumbs, moisten with a little melted butter and brown in a brisk oven.

### CHOU AU LARD

Blanch the cabbage as in preceding recipe and drain. Put  $\frac{1}{2}$  lb. of bacon or gammon, previously blanched and cut in large dice, in a saucepan, and brown lightly in butter with 1 chopped onion. Add the cabbage, season with salt and pepper, moisten with a little stock, cover and simmer gently in the oven for  $1\frac{1}{2}$  hours.

### CHOU AU PETIT SALÉ

Proceed as in the foregoing recipe, but using 1 lb. of previously blanched pickled pork, left whole.

### CHOU AUX MARRONS

Blanch the cabbage as in previous recipes and drain. Remove the centre leaves and stuff with a Purée of Chestnuts (p. 473). Tie up with string and put in a saucepan in which it just fits with 2 tablespoons of butter, seasoning with salt and pepper. Cook for 15 minutes, then barely cover with stock and 1 glass of red wine. Cover and simmer for 4 hours.

### COLCANNON

Mix equal parts of cold and chopped boiled cabbage with equal parts of cold boiled mashed potatoes and cook in hot fat, seasoning with salt and pepper, and serve when very hot. A little chopped onion is sometimes added.

### FRIED CABBAGE

Remove the outer leaves and shred the cabbage very finely. Blanch in boiling salted water for 5 minutes. Drain thoroughly and dry in a cloth. Fry in deep fat till a light golden colour, and drain on a cloth or on blotting paper.

### PURÉE OF CABBAGE

See Purée of Brussel Sprouts, p. 459.

### SAUERKRAUT

Sauerkraut, or pickled white cabbage, is made in the following manner: Put a layer of shredded white cabbage in a wooden tub, sprinkling freely with salt and a few caraway seeds, and continue the process till the tub is filled, the whole being stamped down so that the cabbage is closely pressed together. It should be a compact mass. Cover the cabbage with the coarse outer leaves, sprinkle liberally with salt, add a little water and cover with a cloth. Cover with a round wooden lid, slightly smaller than the tub, and on this put a heavy weight. The sauerkraut will be ready for use in about 3 weeks' time. Once a week skim the liquid which has risen to the top and add a little salted water. Good sauerkraut should be very white. It should always be thoroughly washed before it is used.

### BRAISED SAUERKRAUT

If not very fresh, the sauerkraut should be soaked in cold water for several hours, well drained, and pressed to extract all the water. If fairly fresh, wash in cold water, drain and press with the hands and separate it carefully. Season with salt and pepper and put in an earthenware casserole lined with bacon rashers, a sliced carrot, onion, a bouquet of herbs, a few juniper berries, tied up in a cloth,  $\frac{1}{2}$  lb. of blanched gammon to every 2 lbs. of sauerkraut, and a little melted lard or butter. Cover with stock, place a few bacon rashers over the sauerkraut, put the lid on the casserole and braise in a moderate oven for 4 hours, turning occasionally. When done, the sauerkraut should have absorbed all the liquid and should be moist, but not sodden or greasy.

**SAUERKRAUT À LA FLAMANDE**

Wash and prepare 2½ lbs. of sauerkraut as in preceding recipe. Put in a saucepan of boiling salted water, bring to the boil and simmer for 1 hour or till tender. The water should have completely evaporated by the end of that time. Put the sauerkraut in a saucepan with 1½ ozs. of melted butter and stir over the fire, mixing well. Serve with boiled gammon or bacon. A purée of potatoes is sometimes served with it.

**BRAISED SAUERKRAUT À L'ALSACIENNE**

Proceed as in recipe for braised sauerkraut, but adding a ham bone and a few uncooked German sausages and covering with equal quantities of stock and white wine. Half an hour before serving add a few firm potatoes, peeled, and a lump of butter. When done, put the sauerkraut in a deep dish with the bacon or gammon (pickled pork is sometimes used), the sausages, and a few boiled Frankfort sausages. A peeled and quartered apple is often cooked with the sauerkraut.

**SAUERKRAUT WITH WINE**

Put 2½ lbs. of well-washed sauerkraut in an earthenware casserole with 3 ozs. of butter and 3 or 4 tablespoons of water. Cook slowly for 30 to 40 minutes till tender. Add ½ bottle of white wine and simmer till reduced by half.

**STUFFED CABBAGE WITH SAUSAGE MEAT**

Proceed as in Chou Farci à l'Auvergnate (p. 461), but stuffing the cabbage with sausage meat.

**STUFFED CABBAGE LEAVES**

Blanch the cabbage as in preceding recipe. Drain and carefully remove the leaves and dry lightly with a cloth. On each leaf put a little forcemeat or sausage meat, fold the leaf over the forcemeat and tie up with string into neat little parcels. Butter a fireproof dish and pack the stuffed cabbage leaves in it closely. Moisten with a little melted butter and brown in a moderate oven. Or the stuffed cabbage leaves can be closely packed in a saucepan on a layer of bacon rashers, quartered carrots and onions and moistened with a little stock. Cover and simmer for 1 hour. The sauce is skimmed, reduced and strained over the stuffed cabbage leaves.

**STUFFED CABBAGE LEAVES WITH PICKLED PORK**

Proceed as in foregoing recipe, but stuffing the cabbage leaves with chopped and previously blanched pickled pork.

**Cabbage, Red****BRAISED RED CABBAGE À L'ALSACIENNE**

Remove the coarse outer leaves and the stalk. Shred the cabbage and blanch for 5 minutes in boiling salted water. Drain and put in an earthenware casserole on a few bacon rashers and quartered carrots and onions, seasoning with salt and pepper. Add a little butter or lard and cook for 20 minutes. Then moisten with a few tablespoons of stock and red wine. Cover and simmer for 2 hours. A piece of pork previously roasted is sometimes added 30 minutes before serving.

**BRAISED RED CABBAGE WITH CHESTNUTS**

See Chou aux Marrons, p. 462.

**CHOU ROUGE À LA FLAMANDE**

Quarter the cabbage, remove the coarse leaves and the ribs from some of the leaves and shred finely. Season with salt, pepper and a little nutmeg and put in a well-buttered earthenware casserole with 1 small finely chopped onion, 3 tablespoons of vinegar and the same quantity of water. Cover and simmer gently for 2 to 2½ hours, adding 1 hour before serving, 4 small cooking apples, peeled, cored and finely chopped or shredded, and 1 or 2 tablespoons of sugar.

**CHOU ROUGE À LA LIMOUSINE**

Shred the cabbage, put in an earthenware casserole with 1 tablespoon of pork fat and a few tablespoons of stock, and season with salt and pepper. Add 20 shelled and chopped chestnuts, cover and simmer for 2 hours.

**CHOU ROUGE AU VIN ROUGE**

Shred the red cabbage, season with salt and pepper and put in an earthenware casserole with 3 ozs. of butter and simmer for 30 minutes, turning frequently. Then add ½ pint of red wine, cover and simmer for 2 hours. The liquid should be almost completely absorbed.

**RED CABBAGE AND PICKLED PORK**

Braise in the same manner as Braised Cabbage à l'Alsacienne above, but cooking the cabbage with 1½ to 2 lbs. of previously blanched pickled pork.

**RED CABBAGE WITH RICE**

Braise the cabbage as in preceding recipe and serve with plain boiled rice.

**STUFFED RED CABBAGE**

Stuffed in the same ways as ordinary cabbage (p. 464).

**CARDOONS**

Remove the stalks at the base of the cardoon and detach all the other stalks by cutting them at the base. Keep only the firm stalks from the centre. Divide into 4-inch lengths and peel quickly both inside and out, and at once rub over with a piece of lemon as the cardoon turns black almost immediately. Have ready a pan of cold water to which a little vinegar has been added, and put the cardoon pieces in it as soon as peeled. Now cook the cardoons in salted water to which a little vinegar has been added and simmer very gently for 1½ hours or till tender. They are then ready for use.

**CARDOONS MORNAY**

Drain the cooked cardoons thoroughly, put in a fireproof dish, cover with Mornay sauce (p. 65) and put in a brisk oven for 8 to 10 minutes.

**CARDOONS WITH PARMESAN**

Put the cooked and drained cardoons in a fireproof dish, cover with a little Espagnole sauce (p. 65), sprinkle with grated Parmesan cheese and put in a brisk oven for 10 minutes.

**CARDOONS WITH VARIOUS SAUCES**

The cooked cardoons can be served with Hollandaise, Mouseline, or Bordelaise sauce (pp. 62, 65, 55). They can either be covered with the sauce, as in preceding recipes, or the sauce can be served separately.

**Carrots****CARROTS WITH BUTTER**

Scrape the carrots carefully, removing the tops and the pointed ends. If very young, leave whole, and if old carrots are used, slice in ¼-inch rounds. Put in a plentiful amount of boiling salted water and cook till tender, but not too soft. Drain on a colander, put on a hot dish, season with salt, pepper and a little sugar and pour melted butter over them. Sprinkle with a little parsley.

**CARROTS WITH CREAM**

Cook the carrots as in Carrots for Garnishes (p. 467), and when the liquid has reduced to a syrup, cover with hot cream, allow to reduce and serve.



### CARROTS FOR GARNISHES

The carrots should not be scraped, but very carefully and finely peeled. If new carrots are used, they should be left whole; if old, they should be turned in the shape of elongated olives and blanched. Put the carrots in a saucepan with only just sufficient water barely to cover them, with 1 oz. of sugar and 2 ozs. of butter to every  $\frac{1}{2}$  pint of water. Bring to the boil and simmer till the liquid has turned to a syrup, coating the carrots like a varnish.

### CAROTTES À LA BOURGEOISE

Scrape  $\frac{3}{4}$  lbs. of carrots and wash them. Cut into thin and even slices and blanch, if old carrots are used. Put them in a saucepan with  $2\frac{1}{2}$  ozs. of butter and 3 ozs. of thinly sliced onions and season with salt and pepper. Simmer for 30 minutes, but without browning. Then add  $\frac{1}{2}$  pint of stock and 1 gill of milk and bring to the boil, stirring continuously. Simmer for another 20 minutes, and 5 minutes before serving add the yolks of 2 eggs, diluted and lightly beaten, with a few tablespoons of the hot sauce. Remove from the fire, sprinkle with chopped parsley and add a small pat of butter.

### CARROTS À LA NORMANDE

Blanch the carrots in boiling salted water (Carrots with Butter, p. 466), put on a hot dish and cover with Normande sauce, made with cider or wine (p. 66).

### CARROTS À LA POULETTE

The same as in preceding recipe, but with Poulette sauce (p. 68).

### CARROTS À LA VICHY

The same as Carrots for Garnishes (above).

### FLAN AUX CAROTTES

This can be served either as a vegetable course or as a sweet. Line a flan tin with puff pastry, cover with a slightly sweetened Purée of Carrots (p. 468), and garnish with sliced carrots, cut out in fancy shapes and cooked as in recipe for Carrots for Garnishes (above). Put in a brisk oven at first and finish cooking in a moderate oven. The pastry should be lightly browned.

### FRIED CARROTS

Peel medium-sized new carrots very carefully and slice into thin even rounds. Wash and dry thoroughly in a cloth. Cook in a frying pan in hot butter till lightly browned, tossing them frequently. Season with salt and pepper.

### PURÉE OF CARROTS

Peel or scrape the carrots and blanch in boiling salted water for 10 minutes, if young carrots are used, and for 15 or 20 in the case of old carrots. Drain, slice and put in a saucepan with 1 oz. of butter to every 1½ lbs. of carrots, 1 gill of stock or water, a small whole onion, salt, pepper, and a little sugar. Bring to the boil and simmer till the carrots are quite tender and the liquid has been absorbed. Rub through a sieve, put the purée in a saucepan, and thin with a little butter if necessary.

### CAULIFLOWER

If the cauliflower is to be boiled whole, remove some of the coarse and tough outer leaves, and cut the stalk off flat at the bottom. Put in cold salted water to which a little vinegar has been added and let stand for about 10 minutes. Drain and put into a large saucepan of boiling salted water. Keep on the full boil for 10 to 12 minutes for small cauliflowers, or 15 to 20 in the case of larger ones. When done, drain thoroughly, head downwards on a colander.

Another method is to remove all the outer leaves of the cauliflower and carefully remove the clusters, cutting their stalks equally and of the same length. Put in a large pan of salted water and drain. Proceed as directed above, but allow less time. The cauliflower clusters should be quite firm. As soon as tender, remove the saucepan from the fire, add a jug of cold water, and remove the clusters at once with a spoon or a slice and place them carefully on a sieve or a colander to drain. If they are put all together on a colander at the same time they are apt to break.

### CAULIFLOWER WITH BÉCHAMEL SAUCE

Boil the cauliflower as in preceding recipe, either leaving it whole or dividing in clusters; drain and coat with Béchamel sauce (p. 52).

### CAULIFLOWER WITH CREAM SAUCE

The same as preceding recipe, but with Cream sauce (p. 59).

### CAULIFLOWER FRITTERS

Boil the clusters of cauliflower as directed (above), drain thoroughly, season with salt and pepper, sprinkle with a little oil and vinegar and chopped parsley, and let stand for 20 to 30 minutes. Dip each cluster in frying batter (p. 83), and fry in deep fat. Serve with Tomato sauce (p. 71).

### CAULIFLOWER AU GRATIN

Cook the cauliflower whole and drain thoroughly. Coat a fireproof dish with Mornay sauce (p. 65), place the cauliflower

in the dish, cover with Mornay sauce, sprinkle with grated cheese and breadcrumbs, moisten with melted butter and brown in a quick oven.

### CAULIFLOWER WITH HOLLANDAISE SAUCE

Boil the cauliflower (p. 468), drain thoroughly and serve with a Hollandaise sauce (p. 62) in a sauceboat.

### CAULIFLOWER WITH MORNAY SAUCE

Proceed as in recipe for Cauliflower with Béchamel Sauce, but using Mornay sauce (p. 65).

### CAULIFLOWER SAUTÉ

Blanch the clusters of cauliflower (p. 468), but keeping them very firm. Drain, season with salt and pepper and brown lightly in butter in a sauté pan.

### CHOUFLEUR À LA MILANAISE

Drain the boiled cauliflower thoroughly, put in a buttered fireproof dish, pour melted butter over it, season with salt and pepper, and sprinkle freely with grated cheese. Add a few pats of butter and brown in a quick oven. When done, pour a few tablespoons of Brown Butter over it (p. 55).

### CHOUFLEUR À LA POLONAISE

Put the cooked and drained cauliflower on a hot dish, sprinkle with finely chopped yolks of hard-boiled eggs mixed with a little chopped parsley, and pour 4 ozs. of Brown Butter over it (p. 55) in which 1 oz. of very fine white breadcrumbs have been fried.

### CHOUFLEUR À LA ROMANA

Blanch the cauliflower clusters in boiling salted water for 5 minutes only and drain thoroughly. Put 3 or 4 tablespoons of oil in a frying pan with 2 or 3 cloves of garlic and a little chopped parsley. When hot, add the cauliflower clusters and cook till lightly browned, seasoning with salt and pepper. Then add 5 or 6 tablespoons of Tomato sauce (p. 71), cook for another 5 minutes and just before serving sprinkle with grated Parmesan cheese.

### PURÉE OF CAULIFLOWER OR PURÉE DUBARRY

Cook the cauliflower till tender, drain and rub through a sieve. To every lb. of purée add  $\frac{1}{4}$  lb. of Potato Purée (p. 498) to give consistency. Mix thoroughly in a saucepan over a slow fire, add 1 or 2 tablespoons of cream, season with salt and pepper, stir, and when very hot remove from the fire, and mix in 1 oz. of butter.

## CELERIAC

Peel the celeriac so as to rid it of all fibres. It can be either cut in  $\frac{1}{2}$ -inch rounds, the edges of which should be evenly trimmed, or the rounds can be cut with a round 2-inch cake-cutter—or, according to size, the celeriac can be quartered. When peeled and cut, put in cold salted water, bring to the boil and simmer till tender. The time varies according to the thickness and quality of the celeriac, but it will take about 45 minutes generally speaking. If the celeriac is to be cooked afterwards in a sauce, it should be removed from the water while still firm. Drain thoroughly and wipe with a cloth.

## BRAISED CELERIAC

Blanch the prepared celeriac, either divided in thick slices or quartered, but keeping it quite firm. Drain and wipe dry. Line a casserole with a few strips of bacon, sliced onion and carrot, a bouquet of herbs, and add the celeriac. Moisten with 1 pint of stock, season with salt and pepper, bring to the boil and cover. Simmer in the oven for 1 to  $1\frac{1}{2}$  hours, till the celeriac is tender. Put on a hot dish and strain the sauce over it.

## CELERIAC À LA BORDELAISE

Prepare and boil the sliced celeriac till tender (above). Drain and dry with a cloth. Put in a saucepan and cover with Bordelaise sauce (p. 55) and simmer for 15 minutes. Put on a hot dish, reduce the sauce slightly, add a small lump of butter and a little lemon juice and pour the sauce over the celeriac.

## PURÉE OF CELERIAC

Boil till very tender (above) and rub through a sieve. Add one-third of Potato Purée (p. 498), put both purées in a saucepan, mix well, season with salt and pepper, and stir in 2 ozs. of butter to every lb. of purée. Thin to the proper consistency with a little hot milk.

## CELERY

The heads of celery intended for braising or cooking should not be chosen too large. Large heads are apt to be tough, and it is also preferable not to detach the sticks of celery from the root or base—in other words, to leave the celery head intact, after having removed all the green and hollow outer sticks. Only the white part of the celery should be used, and the tops or green part should be cut off. The heads for braising should be cut 6 or 8 inches from the root. Peel the base, and trim it to a point. Wash in cold water, opening the celery heads carefully, without detaching the sticks from the base. Drain and

put in a large saucepan of boiling salted water and boil fast for 10 minutes. Then dip the celery heads in a basin of cold water and drain thoroughly. Tie up each head of celery with string, but not too tightly. Having thus prepared and blanched the celery, it is now ready to be braised, etc.

### BRAISED CELERY

See Braised Celeriac (p. 470), but for 6 heads of celery, allowing  $3\frac{1}{2}$  ozs. of bacon rashers,  $\frac{1}{2}$  a large carrot, 1 large onion, and 2 pints of stock. Simmer for  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hours. Put the celery on a hot dish, divide each head in half, remove the string, and strain the sauce over it.

### CÉLERI AU JUS

Proceed as in foregoing recipe. Strain the sauce into a small saucepan, reduce, and add 6 tablespoons of veal stock. Boil for 2 or 3 minutes, thicken with a teaspoon of flour or arrow-root, diluted with a little stock, stir well, remove the saucepan from the fire and stir in 1 oz. of butter. Pour this sauce over the celery.

### CÉLERI À LA MOËLLE

The same as preceding recipe. Allow  $3\frac{1}{2}$  ozs. of cooked beef marrow cut in thin rounds to every 3 heads of celery. Put the celery on a hot dish, and cover with the rounds of marrow and the sauce.

### CÉLERI SAUCE MORNAY

Blanch the celery till tender, drain thoroughly, remove the string, divide the heads in half, put on a hot dish and cover with a Mornay sauce (p. 65).

### CÉLERI À LA VILLEROI

Braise the celery heads (above) and drain on a cloth to absorb the moisture. Divide the heads in half, and coat with Allemande sauce (p. 53). Let stand till cold. Coat with breadcrumbs, then with the beaten yolks of egg and again coat with breadcrumbs. Fry in deep fat, drain, put on a hot dish on a folded napkin, and garnish with fried parsley.

### CÉLERI WITH BÉCHAMEL SAUCE

See Céleri Sauce Mornay (above), but using Béchamel sauce (p. 52).

### CELERY FRITTERS

Blanch the celery till tender, divide into  $\frac{1}{4}$ -inch rounds, drain thoroughly, season with salt and pepper, and dip a tablespoon at a time in frying batter (p. 83) and fry in deep fat. Drain, and serve on a hot dish on a folded napkin.

**CELERY WITH HOLLANDAISE SAUCE**

See Céleri Sauce Mornay (p. 471), but using Hollandaise sauce (p. 62).

**PURÉE OF CELERY**

See Purée of Celeriac (p. 470).

**CÈPES**

Choose medium-sized cèpes, preferably with short stalks. If freshly gathered they need not be washed or peeled, but merely wiped with a cloth. If not freshly gathered, peel carefully and wipe.

**CÈPES À LA BORDELAISE**

Slice the cèpes into  $\frac{1}{2}$ -inch slices, after having removed the stalks. Season with salt and pepper, and brown lightly in hot oil. Just before serving, add 1 oz. of finely chopped cèpes stalks to every  $\frac{1}{2}$  lb. of cèpes, and 1 teaspoon of finely chopped shallot, and cook for 3 or 4 minutes. Drain off a little of the oil, and pour the contents of the pan on a hot dish. Sprinkle with a little lemon juice and chopped parsley.

**CÈPES À LA PROVENÇALE**

Proceed as in foregoing recipe, but using onion and a little garlic instead of shallot.

**CHESTNUTS**

Either prick the chestnuts or split them with a sharp knife and put in a pan with a little water. Place in a hot oven for about 8 minutes, and peel while very hot. Or they can be pricked and split and plunged for a few seconds in hot fat in a frying basket, or again, put into a saucepan with cold water, which is brought to the boil, the saucepan being at once removed from the fire. In every case, the chestnuts are easier to shell when very hot.

**BOILED CHESTNUTS**

Put the shelled chestnuts in a saucepan and cover with stock and add a stick of celery. Bring to the boil and simmer till tender.

**CHESTNUTS BRAISED AND GLAZED**

Put the chestnuts, previously peeled, into a large saucepan side by side. They should not be piled one on top of the other. Barely cover with stock, and simmer very gently till tender. Reduce the stock to a glaze and roll the chestnuts in this till evenly coated. Chestnuts prepared in this way are used principally as a garnish.

### CHESTNUT CROQUETTES

Prepare and cook as in recipe for Boiled Chestnuts (p. 472). When done, rub half through a sieve and chop the other half finely. Mix with thick Béchamel sauce (p. 52) the yolks of 1 or 2 eggs, add a little sugar, and let the mixture stand till cold. Shape into croquettes, coat with flour, yolk of egg and breadcrumbs, and fry in deep fat. Drain and serve on a hot dish on a folded napkin.

### CHESTNUTS WITH ESPAGNOLE SAUCE

Prepare and cook as in recipe for Boiled Chestnuts (p. 472). Leave the chestnuts whole. Drain, put on a hot dish, and cover with Espagnole sauce (p. 50).

### CHESTNUTS WITH CELERY SAUCE

The same as preceding recipe, but with Celery sauce (p. 56).

### PURÉE OF CHESTNUTS

Proceed as in recipe for Boiled Chestnuts (p. 472) adding  $\frac{1}{2}$  oz. of sugar to every lb. of chestnuts. When tender, rub through a sieve, put in a saucepan and stir over a slow fire to let the moisture evaporate. Thin with a little butter and stock to the proper consistency. This purée should be quite thin and light.

### STEWED CHESTNUTS

Prepare and cook as in recipe for Boiled Chestnuts (p. 472), but remove the chestnuts while still quite firm. Put 1 tablespoon of butter in a saucepan and, when melted, work with 1 tablespoon of flour, without browning. Then add gradually 1 pint of hot milk, and the chestnuts. Simmer gently for 30 minutes, till the chestnuts are quite tender.

### CHICORY

Remove the outer leaves of the chicory, trim the stalks and the tops and wash thoroughly in cold water and drain.

### BRAISED CHICORY

Pack the prepared chicory in a saucepan or in an earthenware casserole, but not too closely. For  $1\frac{1}{2}$  lbs. of chicory, allow 2 ozs. of butter, 3 tablespoons of water, and the juice of  $\frac{1}{2}$  a lemon. Season with salt, cover, and simmer in a moderate oven for 1 to  $1\frac{1}{2}$  hours, turning occasionally. When tender, put on a hot dish and strain a little of the reduced liquid over it.

**CHICORY WITH BÉCHAMEL SAUCE**

Prepare and cook as in preceding recipe. Put on a hot dish and cover with Béchamel sauce (p. 52).

**CHICORY WITH CREAM SAUCE**

The same as preceding recipe, but with Cream sauce (p. 59).

**CHICORY À LA FLAMANDE**

Cut the trimmed and washed chicory into  $\frac{1}{2}$ -inch rounds. Butter freely a shallow earthenware casserole and fill with the chicory. Cover with a buttered paper and a very close-fitting lid. Put in a moderate oven and simmer very gently for 2 to 2½ hours. When done, there should be no liquid. The water from the chicory should have completely evaporated. Turn out on a hot dish and sprinkle with salt. It should be a compact mass, somewhat like a cake. It is sometimes brushed over with melted butter.

**CHICORY WITH MORNAY SAUCE**

Put a layer of Mornay sauce in a fireproof dish, over this put the braised chicory (p. 473) and cover with Mornay sauce (p. 65). Sprinkle with grated cheese, moisten with melted butter, and brown in a brisk oven.

**ENDIVES AU JUS**

Put the braised chicory on a hot dish and cover with good gravy made with veal stock. (In French, "endive" is what we call chicory in English.)

**ENDIVES À L'ARDENNAISE**

Braise the chicory (p. 473), and when half done, add a  $\frac{1}{4}$  lb. bacon or gammon, previously blanched and cut in dice, and 3 ozs. of chopped lean ham.

**CORN**

Before cooking corn, the husks and silk should be carefully removed. This is done by tearing it off with the hands.

**CORN WITH BUTTER**

Scrape the corn from the boiled cobs, put in a saucepan with a large lump of butter, season with salt and pepper, mix well, and when very hot, put on a hot dish and serve. Corn should be served very hot, as it is apt to become cold very quickly.

**CORN ON THE COB**

Remove the husks and silk, and put in a large saucepan of boiling salted water and boil rapidly for 30 to 40 minutes, if the



cobs are young. Older cobs, and those imported from other countries, may take longer. To test, see if the corn is easily detached from the cob. If it comes off quite easily, the corn is sufficiently cooked. Drain, pile on a hot dish, and give each person a small plate with hot melted butter, seasoned with salt and pepper, into which the cob is dipped.

#### • CORN CAKES

Mix the grated and cooked corn with a thick frying batter (p. 83), and put a spoonful at a time on a hot girdle, or on a buttered baking sheet, and bake in a hot oven till a light brown; turn and bake the other side. Serve very hot.

#### CORN WITH CREAM SAUCE

Scrape the corn from the boiled cobs, and put in a saucepan. Mix with Cream sauce (p. 59) and stir till hot over a slow fire and serve.

#### CORN FRITTERS

Either fresh or tinned corn can be used for this. Scrape the corn from the boiled cob, and dip 1 tablespoon at a time in frying batter (p. 83), or mix the corn with the batter. Fry in deep fat, drain and serve very hot, on a folded napkin on a hot dish.

#### CORN SOUFFLÉ

See Potato Soufflé (p. 498). Before rubbing the corn through a sieve, add 2 tablespoons of chopped onion, cooked in butter, to every lb. of corn.

#### CORN AND TOMATOES

Put 1½ ozs. of butter in a frying pan, and when hot add 1 pint of boiled corn and 1 lb. of chopped tomatoes. Season with salt and pepper, add a bouquet of herbs, mix thoroughly and simmer for 30 minutes, adding a little more butter just before serving.

#### CUCUMBER •

The cucumbers should be pared, cut in the required lengths and blanched in boiling salted water for 20 to 25 minutes, according to size and ultimate mode of preparation. Drain and use as required.

#### CUCUMBERS WITH CREAM SAUCE

Pare the cucumbers, cut into 1½-inch lengths and shape into olives. Blanch in boiling salted water till tender, drain thoroughly, put in a saucepan and cover with Cream sauce (p. 59). Simmer till hot, and serve.

**CUCUMBERS À LA MORNAY**

The same as preceding recipe, but with Mornay sauce (p. 65).

**CUCUMBERS WITH PARSLEY SAUCE**

The same as preceding recipe, but with Béchamel sauce (p. 52) to which finely chopped parsley has been added.

**CUCUMBER WITH POULETTE SAUCE**

The same as preceding recipes, but with Poulette sauce (p. 68).

**FRIED CUCUMBER**

Pare the cucumber and slice in  $\frac{1}{4}$ -inch thick rounds. Season with salt, dip in flour, and fry in deep fat to a light golden colour. Drain on a cloth or on blotting paper and serve very hot.

**STEWED CUCUMBER**

Pare the cucumbers and cut in inch lengths. Blanch for 5 minutes in boiling salted water and drain. Put them in a saucepan, barely cover with Espagnole sauce (p. 50) or gravy, and simmer till tender.

**STUFFED CUCUMBER**

Pare the cucumbers and cut in 2-inch lengths. Blanch in boiling salted water for 5 minutes, and put in a basin of cold water. Remove at once from the water, drain, and with a small sharp knife or a spoon, carefully remove the seeds and part of the pulp of the cucumber. Stuff with either veal forcemeat, godiveau, sausage meat, etc., and put the pieces of cucumber in a saucepan on a layer of bacon rashers, and barely cover with stock. Cover the saucepan and simmer very gently for about 50 minutes, till the cucumbers are quite tender. To serve, put the stuffed cucumbers on a hot dish, strain the sauce into a clean saucepan, reduce rapidly, and thicken with a little flour worked with butter. When done, add a small lump of butter and pour over the cucumbers.

**CUCUMBER STUFFED WITH TUNNY FISH**

Pare, cut and blanch the cucumbers as in preceding recipe. When cold, stuff with a paste made of equal quantities of tunny fish (in oil) and butter, pounded together in a mortar and rubbed through a sieve. Coat with a mayonnaise dressing to which a little mustard has been added.

**CURLY KAIL OR SCOTCH KAIL**

After thorough washing, the kail is blanched in boiling salted water till tender. They are then well drained and can be prepared in the same manner as cabbage—with butter, Cream sauce, etc.

### ENDIVE

The stalk and all outer leaves, which are coarse, should be removed, as well as any part of the endive which has turned brown or yellow. When large, divide the endive in four, and wash well in 1 or 2 waters. Drain and dry in a cloth. Blanch in boiling salted water for 12 to 15 minutes, or longer if the endive is at all tough. Drain, and squeeze with the hands to extract the water.

### BRAISED ENDIVE

Having prepared the endive as in preceding recipe, chop it finely and evenly. Mix 1 oz. of butter in a saucepan with a little under 1 oz. of flour, and add the endive—about 2½ lbs. Stir for a few minutes, and add gradually just over ½ pint of hot stock, stirring continuously. Season with salt, pepper, a little sugar and nutmeg. Bring to the boil, cover with buttered paper and a close-fitting lid, and simmer in the oven for 1½ hours, turning occasionally. Remove the saucepan from the oven and stir in 6 tablespoons of cream. Replace in the oven for 5 minutes. Just before serving add 1 oz. of butter, divided in small pieces, put on a hot dish and garnish with croûtons of fried bread.

### ENDIVE WITH CREAM SAUCE

Prepare and cook as in the preceding recipe, but omitting the cream. Serve with a Cream sauce (p. 59).

### ENDIVE À LA FLAMANDE

The same as braised endive, but the endive is not chopped. It is cut in 3½ to 4-inch lengths.

### ENDIVE AU GRATIN

To every ½ lb. of braised endive, add ¼ lb. of Potato Purée (p. 498). Mix and warm both in a saucepan and put in a buttered fireproof dish, sprinkled with grated cheese. Sprinkle with grated cheese and breadcrumbs, moisten with melted butter, and brown in a brisk oven.

### ENDIVE PURÉE

Braise the endive, rub through a sieve, and mix with one-third the quantity of Potato Purée (p. 498). Warm and mix both purées. Remove from the fire, and thin with a few pats of butter.

### PAIN DE CHICORÉE À LA CRÈME

Braise the endive (above), but using milk instead of stock. Braise for 1 hour only. Bind the braised endive with 3 or 4 beaten yolks of egg and put in a buttered mould. Stand the mould in a pan or tin of boiling water and simmer in a moderate oven for 45 to 50 minutes. Take out of the oven, and after 5 minutes turn out of

the mould carefully on a hot dish. Pour over a Cream sauce (p. 59). (In French "Chicorée" is what we call endive in English.)

### SOUFFLÉ OF ENDIVE

Rub  $\frac{1}{2}$  lb. of braised endive through a sieve, mix with 3 yolks of egg,  $2\frac{1}{2}$  ozs. of grated Parmesan cheese, and the 3 whites, stiffly beaten. Pour in a buttered soufflé dish and bake for 20 to 25 minutes, till the soufflé has risen and is lightly coloured.

### FLAGEOLETS

This is the French bean in its later stage, when the pod is no longer edible. The bean inside can be treated in the same manner as peas. In England, however, fresh flageolets are rarely on the market, and the dried bean is used. It is prepared and cooked in the same manner as haricot beans, but being more delicate and tender, requires less soaking and less cooking.

### PURÉE OF FLAGEOLETS OR PURÉE MUSTARD

See Purée of Peas (p. 492), if the fresh flageolets are used. See Purée of Haricot Beans (p. 480), if dried flageolets are used.

### HARICOT BEANS

Fresh haricot beans, or the French "Mange-Tout" are not often found on the English market. Although the bean has reached its maturity, the pod is still tender. The ends are broken off, removing the stringy parts at the same time. The fresh haricot beans can also be removed from the pod and dressed in the same manner as the dried beans.

### TO BOIL FRESH HARICOT BEANS

For every 2 lbs. of fresh haricot beans, allow 2 quarts of boiling water, with just under 1 oz. of salt. Boil rapidly for 20 to 30 minutes, till the beans are quite tender. Drain and prepare in the same manner as dried haricot beans.

### HARICOT BEANS WITH BUTTER

Soak the dried haricot beans for 4 or 5 hours in tepid water. Drain and put in a saucepan or earthenware casserole, and cover with cold water. Add 1 onion, stuck with 2 cloves, 1 carrot, 1 leek, a small stick of celery, and a little salt. Bring to the boil slowly, and simmer gently, covering the pan or casserole with a lid. Should it be necessary, add a little boiling water during the process of cooking. The time varies according to the quality of the beans, from  $1\frac{1}{2}$  to 2 hours should be sufficient. The beans should be tender, but should not be boiled till they break. When done, drain thoroughly.

Another method is to put the beans in a saucepan or casserole, cover with cold water and bring to the boil very gradually; when boiling, remove the pan from the fire and let stand for 1 hour, till the beans are only lukewarm. They will have swelled considerably, and will be almost the same size as the fresh beans. Put the beans in a clean saucepan or casserole, cover with *boiling* water, add the onion, etc., as in preceding recipe, bring to the boil, and simmer gently for  $1\frac{1}{2}$  hours or till the beans are tender. Drain thoroughly, removing the vegetables, put on a hot dish, season with salt and pepper and pour melted butter over the beans and mix.

### HARICOT BEANS WITH CREAM SAUCE

Boil the beans as in preceding recipe, drain, put in a saucepan and cook for 5 minutes in a Cream sauce (p. 59), without boiling.

### HARICOT BEANS WITH GAMMON OR PICKLED PORK

Boil the haricot beans according to the second method. If a large piece of gammon or pickled pork is to be used, boil separately for 45 minutes or longer. Add the gammon or pork at the same time as the beans are covered with boiling water. To serve, put the gammon in the centre of the hot dish, surround with the beans, and cover the beans with Tomato sauce (p. 71).

### HARICOT BEANS AU GRATIN

Put the cooked beans in a fireproof dish, season with salt and pepper, mix with good gravy, sprinkle with breadcrumbs, dot with pats of butter, and brown in a quick oven.

### HARICOT BEANS À LA LYONNAISE

The same as Haricot Beans with Butter (p. 478), but add  $\frac{1}{4}$  lb. of finely chopped onion, browned in butter, to every 2 lbs. of beans. Mix well and, before serving, sprinkle with a little chopped parsley.

### HARICOT BEANS À LA PROVENÇALE

Soak the beans for 12 hours in tepid water. Drain, and put in an earthenware casserole with 3 or 4 tablespoons of oil,  $\frac{1}{4}$  lb. of blanched and diced gammon to every 2 lbs. of beans, 2 quartered onions, 1 clove of garlic, and a seasoning of salt and pepper. Brown all lightly, barely cover with stock, add 1 large peeled tomato, a bouquet of herbs, 1 or 2 sage leaves, a sprig of rosemary, cover and simmer very gently in the oven for  $3\frac{1}{2}$  to 4 hours. Just before serving, a good-sized pat of Anchovy butter (p. 74), can be added. Sprinkle with finely chopped parsley.

### HARICOT BEANS WITH TOMATO SAUCE

Allow  $\frac{1}{2}$  pint of Tomato sauce (p. 71) to every quart of cooked haricot beans (p. 478). Mix in a saucepan over a slow fire, and cook without boiling for 5 minutes.

### PURÉE OF HARICOT BEANS OR PURÉE SOISSONNAISE

Rub the boiled beans through a sieve while still very hot and stir in  $3\frac{1}{2}$  ozs. of butter to every lb. of purée. Thin with a little boiling milk. The purée should be very light.

### HOP TOPS

The hop tops should be very fresh. Remove the outer leaves near the base, wash in cold water several times to remove all grit and soil, and tie into bundles of about 20 to 25, taking care to have the heads even, so that the stalks can be cut off at the bottom, leaving them of equal length, in the same way as asparagus. Put the bundles of hop tops in a large saucepan of boiling salted water, allowing  $2\frac{1}{2}$  quarts of water, with the juice of 1 lemon to every 2 lbs. of hop tops. Bring to the boil and simmer for 15 to 20 minutes, or less if very young. They should be tender, but quite firm, like asparagus. Remove carefully from the water, so as not to break the heads and drain on a sieve. They can be served with various sauces—melted butter, Hollandaise, Mousseline, Cream, Béchamel, etc.

### JETS DE HOUBLON OR HOP TOPS À LA FLAMANDE

Boil the hop tops as in preceding recipe, drain, put on a hot dish, cover with Cream sauce (p. 59) and garnish with poached eggs.

### KIDNEY BEANS

See French Beans (p. 455).

### KOHL-RABI

Remove the tops or green leaves, and set aside till required. Wash the turnip-like root and peel it. It can either be quartered or sliced into  $\frac{1}{4}$ -inch slices, and boiled in salted water till tender—the time varies according to size of the vegetable (*see* Turnips).

### KOHL-RABI À L'ALLEMANDE

Cut off the tops or green leaves, wash thoroughly, and proceed as for Purée of Spinach (p. 503). Pile the purée in the middle of a hot dish and surround with the sliced boiled root. Season with salt and pepper and pour melted butter over the whole.

## Leeks

## BOILED LEEKS

Only young leeks should be served as a vegetable. Old leeks are only good as flavouring for soups or stews. Trim off the roots and the green ends, and remove the outer leaves. The white part only should be used. The part used should not exceed 4 to 5 inches in length. Put in a large saucepan of salted boiling water to which a little vinegar has been added, and boil till tender, but quite firm—from 20 to 30 minutes should be sufficient. Drain, and use as required.

## BRAISED LEEKS

Prepare the leeks as in preceding recipe, but do not boil. Cook as in recipe for Braised Chicory (p. 473), but allowing less time for very young leeks.

## FLAMICHE AUX POIREAUX

Line a well-buttered tart or flan tin with a thick layer of short crust and raise the edges so as to form a border about  $\frac{1}{2}$  inch in height. Chop the uncooked leeks finely (prepared as in recipe for boiling), and simmer gently in butter till tender, with a seasoning of salt and pepper. Add the yolk of 1 or 2 eggs well beaten, put the cooked leeks over the pastry, cover with a layer of the same pastry, and bake in a hot oven till the pastry is a light golden colour. Serve very hot.

## LEEKs WITH BÉCHAMEL SAUCE

Put the boiled and thoroughly drained leeks on a hot dish and cover with Béchamel sauce (p. 52).

## LEEKs WITH CAPER SAUCE

The same as preceding recipe, but with Béchamel sauce (p. 52) to which capers have been added and cooked for a few minutes.

## LEEKs WITH MORNAY SAUCE

The same as preceding recipe, but with Mornay sauce (p. 65).

## LEEKs À LA NORMANDE

The same as preceding recipe, but with Normande sauce made with cider or wine (p. 66).

## POIREAUX À LA PAYSANNE

Cut  $\frac{1}{2}$  lb. of bacon into dice and brown lightly in an earthenware casserole in  $1\frac{1}{2}$  ozs. of butter. Add 1 bunch of small leeks, prepared as for boiling (p. 481) and cut into  $\frac{1}{2}$ -inch rounds, season with salt and pepper, and simmer for 30 minutes, till the leeks are tender, stirring occasionally.

## LENTILS

These are soaked and boiled in the same manner as haricot beans (p. 478). The same recipes as for haricot beans can be applied to lentils.

## LENTILS WITH BUTTER

Boil the lentils and drain thoroughly. Put them in a saucepan and toss for a few minutes, so that the moisture will evaporate. Then mix in  $1\frac{1}{2}$  ozs. of butter to every 1 lb. of beans, and season with salt and pepper. Put on a hot dish and sprinkle with chopped parsley.

## PURÉE OF LENTILS OR PURÉE ESAU

The same as purée of haricot beans (p. 480).

## Lettuce

## BRAISED LETTUCE

Remove the outer leaves from 6 or 8 round lettuces, and wash in cold water. Drain thoroughly and blanch in boiling salted water for 3 to 5 minutes. Remove from the saucepan and plunge in a basin of cold water for a few seconds only. Drain and press in a cloth to extract the water. Fold over the lettuces and tie with string. Line a saucepan with a few bacon rashers, 2 ozs. of sliced carrots and onions, and a bouquet of herbs. Add the lettuces. They should be somewhat closely packed. Cover the saucepan and simmer on a slow fire till the lettuces are lightly browned. Then barely cover with stock, cover the saucepan with a buttered paper and with a lid, and put in a slow oven and simmer for  $1\frac{1}{2}$  hours, turning occasionally. A few minutes before serving, remove the lettuces from the saucepan, put them on a sieve and with the back of a wooden spoon gently press out all the surplus liquid which they have absorbed. Put them on a hot dish and keep hot in the oven. Strain the sauce into a small saucepan, and reduce to 5 or 6 tablespoons. Remove from the fire and stir in 1 oz. of butter, divided in small pieces. Coat each lettuce with the sauce, which should be somewhat thick.



**LETTUCE WITH BEEF MARROW**

Braise the lettuce as in preceding recipe, and garnish with slices of cooked beef marrow.

**LETTUCE WITH CREAM SAUCE**

See Endive with Cream Sauce (p. 59).

**LETTUCE SOUFFLÉ**

See Soufflé of Spinach (p. 503).

**STUFFED LETTUCE**

Blanch, etc., as for Braised Lettuce (p. 482). Open up carefully and stuff with a little veal or sausage forcemeat (p. 79), and tie up. Proceed as in recipe for Braised Lettuce.

**MACÉDOINE OF VEGETABLES (Hot)**

Although Macédoine of vegetables is usually associated with cold vegetables dressed with mayonnaise, it can also be served hot, with various sauces, and makes an excellent light entrée or luncheon dish.

**MACÉDOINE OF VEGETABLES WITH BUTTER**

Mix the following cooked vegetables, either sliced or cut in cubes, and cook for a few minutes in butter, seasoning with salt and pepper: peas, French beans, broad beans, new potatoes, very young turnips, etc. Pickling onions, browned in butter, can also be included.

**MACÉDOINE OF VEGETABLES WITH CREAM SAUCE**

The same as preceding recipe, but using Cream sauce (p. 59).

**MACÉDOINE OF VEGETABLES WITH ESPAGNOLE SAUCE**

The same as preceding recipe, but with Espagnole sauce (p. 50).

**Mushrooms****MUSHROOMS À LA BORDELAISE**

See Cèpes à la Bordelaise (p. 472).

**CHAMPIGNONS SOUS CLOCHE**

Choose mushrooms of the same size and not too large. Peel carefully, having washed them if necessary, and remove the stalks. Beat 2 tablespoons of butter to a cream with  $\frac{1}{2}$  tablespoon of lemon juice and a little salt, and spread in a round

glass baking dish which has a lid. Cut a few rounds of bread  $\frac{1}{2}$  inch thick and about 2 inches in diameter and put these in the dish. Over them put the mushrooms, piling up in the shape of a cone. Season with salt and pepper and a good squeeze of lemon juice, cover with 5 or 6 tablespoons of cream, and cover with the glass lid. Bake in a moderate oven for 25 to 30 minutes, adding more cream 10 minutes before cooked, and just before serving flavour with 1 tablespoon of sherry. Send to table with the lid on.

### MUSHROOMS À LA PROVENÇALE

See Cépes à la Provençale (p. 472).

### DRIED MUSHROOMS

The mushrooms should be gathered on a dry day. Remove any soil or grit carefully, thread a few on a thin piece of string and hang in the sun to dry, in some place which is free from dust. If large, the mushrooms should be sliced. If small, they can be left whole. When required, soak in cold water for a few hours, and cook in the ordinary way.

### GRILLED MUSHROOMS

Wash the mushrooms, dry and peel them carefully, removing the stalks, brush them over with oil and grill slowly. Put them on a hot dish, with the top side downwards, and on each put a pat of soft Maître d'Hôtel butter (p. 75).

### GRILLED MUSHROOMS WITH PAPRIKA BUTTER

The same as in preceding recipe, but using Paprika butter (p. 76).

### HOW TO PRESERVE MUSHROOMS

Select small button mushrooms, as much as possible of the same size. Cut the stalks off and clean with a cloth. Boil 2 quarts of water for 5 minutes with  $\frac{1}{2}$  lb. of kitchen salt, a few peppercorns and a blade of mace. Then add 1 quart of the prepared mushrooms and boil for 5 minutes. Drain and put in warmed wide-necked jars, pack closely, and cover the top with the best olive oil. Cover with an airtight screw-on lid and keep in a cool place till required. When required, soak in cold water to extract the brine.

### MUSHROOMS WITH CREAM

Wash and peel the mushrooms and remove the stalks. If large, quarter or slice them, or leave whole if small. Cook till tender in a little butter, but without browning, and seasoning

with salt and pepper, with 1 tablespoon of finely chopped onion (to every  $\frac{1}{2}$  lb. of mushrooms) previously cooked in butter till tender. When nearly done, drain off the butter, and cover the mushrooms with boiling cream and simmer till reduced.

### MUSHROOMS AS A GARNISH

Choose the mushrooms as much as possible of the same size. Wash them rapidly in cold water—mushrooms should never be allowed to stand in water—dry them thoroughly, remove the stalks and peel carefully. To every  $\frac{1}{2}$  lb. of mushrooms, allow 6 tablespoons of water, a heaped saltspoon of salt, the juice of  $\frac{1}{2}$  lemon, and 1 oz. of butter. Bring the salted water and lemon juice to the boil, put in the mushrooms and add the butter. Boil rapidly for 4 to 5 minutes. The mushrooms are now ready for use. Leave them in the saucepan till required, draining them when they are to be added to a sauce. They can be prepared in this manner the day before required, and kept in an earthenware terrine, with the liquid, and covered with buttered paper.

In order to retain the full flavour, mushrooms should always be cooked in a small quantity of liquid and boiled rapidly. A common mistake is to add mushrooms to a sauce, a stew, etc., and let them cook too long. The mushrooms are apt to lose their flavour and to become tough. When cooked in the above manner, they can be added to the sauce, etc., only a few minutes before serving. Mushroom stalks and peelings should never be thrown away, they can be utilized in many ways—for flavouring sauces soups, stews, etc.

### MUSHROOMS AU GRATIN

Coat a fireproof dish with Duxelles sauce (p. 60), lay the mushrooms, cooked as in preceding recipe, over it, cover with more Duxelles sauce, sprinkle with breadcrumbs, moisten with melted butter, and brown in a brisk oven.

### MUSHROOMS À LA NAPOLITAINE

Prepare and cook as in recipe for Mushrooms as a Garnish (above). Drain, and brown lightly in butter in a sauté pan, with 1 or 2 cloves of garlic, and sliced tomatoes, seasoning with salt and pepper.

### MUSHROOM SAUTÉS WITH PARSLEY

The same as preceding recipe, but without the garlic and tomatoes. Brown lightly in butter on a quick fire, seasoning with salt and pepper, and just before serving sprinkle with chopped parsley.

## MUSHROOMS ON TOAST

These can be prepared in various ways. The mushrooms can either be grilled, well seasoned with lemon juice and oil and served on hot toast. Or they can be cooked as in recipe for Mushrooms as a Garnish (p. 485), mixed with Allemande sauce (p. 53) and served in little cases of fried bread (p. 25), or in puff pastry pâtés—for this quite small mushrooms should be chosen or the larger ones chopped and mixed with either Allemande, Béchamel or Duxelles sauce (pp. 52, 60). The manner of serving mushrooms, either on toast or in cases, can be varied almost indefinitely according to individual taste.

## PICKLED MUSHROOMS (Russian)

Wash, dry and carefully peel 1 lb. of small mushrooms. Cook as directed in recipe for Mushrooms as a Garnish (p. 485), and drain. When quite cold, pack them in a jar, and cover with just over a pint of wine vinegar, previously simmered for 10 minutes with 1 tablespoon of coarse salt, 12 peppercorns, and 4 or 5 cloves, and allowed to stand till cold. Add 2 tablespoons of olive oil, cover with an airtight lid, and stand in a cool place for a few days.

## PURÉE OF MUSHROOMS

There are various methods of making a purée of mushrooms. The older method was to cook the Mushrooms as for Garnish (p. 485), rub them through a sieve and to mix with a sufficient quantity of thick Béchamel sauce (p. 52) to give the purée the right consistency. It is by far the easiest and simplest method. Just under  $\frac{1}{2}$  pint of thick Béchamel sauce is stirred, over a slow fire, into 1 lb. of the mushroom purée; 2 ozs. of butter, divided in small pieces, being added just before serving, when the saucepan has been removed from the fire.

The more modern method is to rub the uncooked mushrooms, previously washed and peeled, through a sieve, putting this purée in a saucepan with butter—1 oz. of butter to every lb. of purée—so as to allow all moisture to evaporate—and then adding the Béchamel sauce in the same proportion as previously mentioned. A little cream may be added, and the purée should be seasoned with salt, pepper and a little nutmeg. Sugar is sometimes added. It is stirred over a quick fire for a few minutes, and more butter stirred in when off the fire.

## SALTED MUSHROOMS

Wash and thoroughly dry the mushrooms. If large, halve or quarter them. Pack carefully in a jar, sprinkling each layer with salt, a little chopped onion, and add a few peppercorns. Cover with an airtight lid and keep in a cool place.

### STEWED MUSHROOMS

Cook the mushrooms as in Mushrooms for garnish (p. 485), but using cream instead of water. Put the mushrooms in the hot cream flavoured with lemon juice, add the butter, and simmer for 12 to 15 minutes. In this case the mushrooms should not be cooked quickly, but just simmered in the cream till tender.

### STUFFED MUSHROOMS

Choose somewhat large mushrooms of equal size. Remove the stalks, and with a sharp knife, scoop out a little hollow from where the stalks have been removed. Do not peel the mushrooms. Put in a fireproof dish, season with salt and pepper, moisten with a little oil, and put in a brisk oven for 5 minutes, to allow all moisture to evaporate. Then fill the hollow in each mushroom with Duxelles sauce (p. 60), sprinkle with breadcrumbs, moisten with melted butter, and brown in a brisk oven for a few minutes.

### OKRA

This very delicate and delicious vegetable, the small variety of which is known as "lady's fingers" or *bamies*, can rarely be bought fresh in this country. The tinned okra is to be found at most of the leading stores and grocers.

### OKRA WITH BUTTER

Remove the okra from the tin, and put in a saucepan with a large lump of butter, and a little of the gelatinous liquid from the tin. Season with salt and pepper, and when the butter has melted and the whole is very hot, serve on a hot dish.

### STEWED OKRA À CRÉOLE

Brown 1 large onion, finely chopped, in butter, with 1 or 2 sliced pimientos, and a clove of garlic. Add the okras, either cut in half lengthwise or cut in inch lengths, with a little of the liquid from the tin. Season highly with salt, pepper, and chilli pepper, and simmer gently for 20 to 25 minutes.

### Onions

#### BAKED OR ROASTED SPANISH ONIONS

Trim the onions, but do not peel. Put in a saucepan of boiling salted water and blanch for 10 minutes. Drain thoroughly and dry them in a cloth. Put in a moderate oven on a baking tin and bake for 1 to 1½ hours, till nicely browned and quite tender. Serve in their skins, with a piece of cold butter, served separately, or peel and cover with gravy. Onions can also be baked or roasted

without being previously boiled. They are simply trimmed, not peeled, and cooked in a moderate oven for  $1\frac{1}{2}$  to 2 hours, according to size, and served in the same manner. Done in the latter way, the flavour is better.

### BOILED ONIONS

Peel the onions, and put in a large saucepan of boiling salted water and boil till tender. The time varies according to the size of the onions. They should be quite tender, but they should not be boiled too soft. When done, drain thoroughly, season with salt and pepper and either pour melted butter over them, or cover with a Béchamel sauce, or a Mornay sauce (pp. 52, 65).

### FRIED ONIONS

Peel the onions and cut in rings  $\frac{1}{4}$ -inch thick. Detach the rings one from the other. Season with salt and pepper, with a little flour and fry to a deep golden brown in deep fat. Drain on a cloth or on blotting paper, and sprinkle with a little salt. The onions, when properly fried, should be quite crisp and dry.

### GLAZED ONIONS FOR GARNISHES

Choose small or pickling onions, and peel carefully. If to be kept white, put in a small saucepan, barely cover with white stock, and to every  $\frac{1}{2}$  pint of stock, add 2 ozs. of butter. Cover and simmer gently for 35 minutes or longer, till the liquid has practically evaporated. Do not allow to brown. The onions are then ready for use.

For glazing or browning onions, put just a bare ounce of butter in a saucepan to every 12 small onions. Do not cover, and simmer gently till the onions begin to brown, turning them occasionally so that they will be equally browned. Sprinkle with a little sugar and toss frequently. Then barely cover with stock and simmer till the liquid has completely evaporated, and roll the onions in this reduced stock to glaze. Or in the case of quite small onions, no liquid need be added, as they will be sufficiently cooked when well browned in butter.

### OIGNONS À LA BORDELAISE

Choose large onions of equal size. Peel them and carefully remove a little of the centre. Fill the cavity with finely chopped chicken livers and truffles, previously browned in butter and seasoned with salt and pepper. Brown the stuffed onions lightly in butter, cover with stock, put a lid on the saucepan and simmer in a slow oven till quite tender. This will depend on the size of the onions. To serve, strain a little of the stock over them, and add a small glass of brandy.

### OIGNONS À LA MONÉGASQUE

Peel 1 lb. of small onions of the same size and put in a saucepan with  $\frac{1}{2}$  of a quart of water, 2 wine glasses of white vinegar, 3 tablespoons of oil, 3 tablespoons of Tomato sauce (p. 71),  $2\frac{1}{2}$  ozs. of raisins,  $1\frac{1}{2}$  ozs. of castor sugar, a bouquet of herbs, a few peppercorns and a little salt. Bring to the boil and simmer gently for  $1\frac{1}{2}$  hours. Let stand till cold and serve very cold in a glass dish.

### ONIONS SAUTÉS

See Fried Onions (p. 488), but instead of cooking in deep fat, brown the onions lightly in butter. Or small onions may be left whole, and browned in butter (see Glazed Onions, p. 488).

### PICKLED ONIONS

Peel and blanch for 5 or 6 minutes in boiling salted water the number of pickling onions required. Plunge in cold water when done, and drain thoroughly. Put in a jar and pour boiling vinegar over them. Let stand uncovered for 12 hours. Drain off the vinegar and bring it to the boil, and once more pour it over the onions. When cold, cover with an airtight lid.

### PURÉE OF ONIONS OR SOUBISE

See Soubise sauce (p. 70), but keeping the purée somewhat thicker than the sauce.

### STEWED ONIONS

Peel and trim the onions, and put them in a saucepan of boiling salted water and boil for 30 minutes, if large. Drain thoroughly, put in a saucepan and barely cover with good stock. Simmer very gently for 1 hour or more, till the onions are tender, turning them frequently, and when done, put on a hot dish and cover with the stock, thickened with a little butter and flour.

### STUFFED ONIONS

Take a few large Spanish onions, peel them, and cut a thick slice from the top. Scoop out the centre, leaving, however, sufficient thickness for the onions to be quite firm. Chop the scooped out onion finely, cook till tender in butter and add to a thick Duxelles sauce (p. 60). Fill the onions with this, brown them in butter, barely cover with stock, and simmer till tender. Strain a little of the stock over them.

### STUFFED ONIONS WITH SPINACH

Proceed as in foregoing recipe, but stuff the onions with a Purée of Spinach (p. 503).

## Parsnips

## BOILED PARSNIPS

The parsnips should be well washed and scraped (or carefully peeled), and any little black specks removed with the point of a knife. As they are being scraped, put in a basin of cold water. Drain, and put in a saucepan of boiling salted water, leaving the parsnips whole, if young and small, or quarter them, if old. Boil for about 45 minutes if young, and longer when old parsnips are used. They should be tender, but firm. Drain thoroughly, and if not served as a garnish, put on a hot dish, season with salt and pepper, and pour a little melted butter over them.

## PARSNIPS WITH CREAM SAUCE

Boil the young parsnips as directed in preceding recipe, drain thoroughly and cook for 5 minutes, without boiling, in a Cream sauce (p. 59).

## PARSNIP FRITTERS

Boil the parsnips and chop coarsely. Mix with frying batter (p. 83), and drop a tablespoon at a time of the mixture in deep fat. Cook to a light golden colour, drain and serve on a hot dish on a folded napkin.

## PARSNIP SAUTÉS

Boil the young parsnips as directed (above), drain, cut into  $\frac{1}{4}$ -inch rounds, and brown lightly in butter, seasoning with salt and pepper.

## PURÉE OF PARSNIPS

See Purée of Turnips (p. 508).

## PEAS

Peas should be very fresh. The pods should be smooth and shiny. When dull or stained with white spots, the peas are apt to be hard and floury. Peas should always be shelled at the last moment, just before being used. Shelling them beforehand destroys much of their flavour and delicacy.

## BOILED PEAS

Only quite small fresh peas should be boiled, otherwise the flavour is better brought out by "stewing" à la Française. Put the peas in a plentiful amount of boiling salted water and boil somewhat rapidly till tender, but still firm. They should take from about 10 to 20 minutes, when young. Drain thoroughly, put on a hot dish, season with salt, pepper and a little sugar, and garnish with a few pats of cold butter.



### PEAS WITH BUTTER

Cook as in preceding recipe. Drain, put in a saucepan and toss for a few minutes, so that all moisture evaporates. Remove the pan from the fire, season the peas with a little sugar, salt and pepper, and mix with hot melted butter, allowing 4 ozs. of butter to every 2½ lbs. of peas.

### PEAS WITH CREAM SAUCE

Boil the peas (p. 490), drain and put in a saucepan and cook for 5 minutes in Cream sauce (p. 59) allowing about ½ pint or a little over to each 2 lbs. of peas.

### PEAS WITH LETTUCE

Cook as in Peas with Butter (above), and garnish with 3 or 4 blanched and well-drained lettuces.

### PEAS WITH MINT

Boil the peas in boiling salted water (p. 490) with a sprig of mint. Drain, and serve either plain, seasoned with salt and pepper, and garnished with a little blanched mint, or mix with melted butter.

### PETITS POIS À LA BONNE-FEMME

Brown 12 small onions in butter with ¼ lb. of blanched gammon or bacon, cut in dice. Remove from the pan and stir in 2 teaspoons of flour and, when well blended, add ½ pint of stock and bring to the boil. Add 2½ lbs. of freshly shelled peas, with the onions and bacon or gammon, season with salt and pepper, cover and simmer till the sauce has reduced by half, and the peas are quite tender. The time varies according to the size and age of the peas.

### PETITS POIS À LA BOURGEOISE

Put 1 tablespoon of butter in a saucepan, and when melted, blend with 1 level tablespoon of flour. Add 2 lbs. of peas, and cook for a few minutes. Then cover with boiling water, season with salt and pepper, add 4 whole medium onions, 1 chopped lettuce, a few chopped chives and a little parsley. Cover and simmer till the liquid has reduced by more than half, and the peas are tender. Before serving, add the yolks of 3 eggs, beaten up with a few tablespoons of the hot sauce from the peas. Stir well, without boiling, and serve.

### PETITS POIS À LA FRANÇAISE

Remove the outer leaves of a lettuce, wash the heart thoroughly, and drain, pressing in a cloth to extract the water. Put the lettuce in a thick earthenware casserole, with 4 or 5 pickling

onions, carefully peeled, 2 tablespoons of butter, 2 tablespoons of water, salt, pepper, 1 tablespoon of sugar and  $1\frac{1}{2}$  lbs. of peas. Cover closely, bring to the boil, and simmer for about 45 minutes or longer, till the peas are quite tender. To serve, put the peas on a hot dish, divide the lettuce in half, lay it on the peas, and garnish with the onions.

### PURÉE OF PEAS, OR PURÉE SAINT-GERMAIN

Put the peas in a saucepan and barely cover with boiling salted water, to which a little sugar has been added. Put in 1 lettuce and 1 or 2 sprigs of parsley. Bring to the boil and cook till tender. Drain, and rub through a sieve. Reduce the liquid in which they were cooked to a bare 2 or 3 tablespoons, add to the purée and work in 4 ozs. of butter to every quart of purée.

### PIMIENTOS

There are several varieties of the large sweet Spanish pepper or pimiento—the green, red, and yellow. They may be eaten uncooked for salads, but they are usually blanched in boiling salted water till tender—a few minutes will suffice, as they should be kept firm, especially if they are to be stuffed. Cut the top off the pimientos and remove the seeds.

### PIMIENTOS SAUTÉS À L'ITALIENNE

Cut the pimientos into strips, after having removed the stalk, and put in a saucepan with a little oil, chopped tomatoes or a thick Tomato sauce (p. 71). Season with salt and pepper and simmer till the pimientos are tender. Serve with cooked macaroni or spaghetti.

### STUFFED PEPPERS À LA CRÉOLE

Blanch the peppers in boiling salted water for 3 or 4 minutes, drain thoroughly, cut the top off and remove most of the seeds. Stuff each with the following mixture: Brown 1 finely chopped onion in a little butter, adding 1 or 2 tablespoons of chopped cooked ham, 1 clove of chopped garlic, and a handful of bread, previously soaked in milk or stock, and pressed. Season with salt and pepper and cook till lightly browned. When stuffed, sprinkle the stuffed part of the peppers with breadcrumbs, place a pat of butter on each, and brown in a quick oven. To serve, pour a little melted butter over them.

### STUFFED PEPPERS À LA NAPOLITAINE

Blanch as in preceding recipe. Stuff with a mixture of chopped olives, anchovies, capers and breadcrumbs, and bake in a quick oven till lightly browned, basting with butter.

### STUFFED PEPPERS À LA PIÉMONTAISE

The same as preceding recipe, but the peppers are stuffed with cooked rice, chopped anchovies, and a little garlic, the whole being lightly cooked beforehand in a little oil and butter. Bake as in previous recipe.

### STUFFED PEPPERS WITH RICE

Cut the top off the peppers and remove the seeds. Chop 2 or 3 of the peppers, cook in hot butter or fat with 2 or 3 chopped tomatoes, 1 chopped onion, and add 1 cup of rice. Moisten with water or stock, season with salt and pepper, and cook till the rice is tender, mixing well. Stuff the peppers with the mixture, bake in a quick oven till lightly brown, and serve with cooked rice.

### POTATOES

Potatoes should, as much as possible, be cooked in their skins, and not peeled before cooking. They are far more nutritive cooked in this manner, and the flavour is greatly improved. If, however, potatoes are peeled before cooking, they should not be put in cold water for more than the time required for the other potatoes to be peeled. *They should never be allowed to stand in water* for more than 5 to 8 minutes, much of their nutritive qualities being thereby destroyed and their flavour spoilt. If prepared beforehand, remove from the water, drain, and put on a cloth, cover with another cloth, and keep covered till required. But, generally speaking, potatoes should be prepared at the last moment and cooked straight away.

### BAKED POTATOES

Choose somewhat large potatoes, as much as possible of the same size. Wash in warm water and scrub lightly. Put them in a moderate oven and bake till tender, turning them occasionally. If the oven is too hot, the skins will shrivel before the potatoes are cooked. A medium-sized potato takes from 1 to 1½ hours to bake. Serve on a folded napkin, with pats of cold butter served separately. A good way of serving them is to cut a round incision on the top of each potato as soon as taken out of the oven (without removing the skin), and to put a pat of butter, worked with a little salt and pepper, in each potato.

### BOILED POTATOES

It is preferable to boil the potatoes in their skins. Wash and scrub lightly, put in boiling salted water and boil gently till tender. If boiled too fast the skins will break. When done,

drain and either serve in their skins, or peel lightly and quickly. If peeled before serving, this should be carefully done and potatoes should always be thinly peeled. Boil in the same manner and, when done, drain off all the water, and let the potatoes stand for a few minutes in the saucepan by the side of the fire, or on a very slow fire, for the moisture to evaporate. Always serve on a hot dish.

### DEVILLED NEW POTATOES

Boil the new potatoes in boiling salted water and peel carefully. They should not be boiled too soft. Melt 2 tablespoons of butter (to every 2 dozen potatoes) in a deep frying pan, add 2 teaspoons of made mustard, 1 tablespoon of vinegar and brown the potatoes in this somewhat quickly, seasoning with salt, pepper and cayenne. Serve very hot.

### CROQUETTES OF POTATOES

Peel the potatoes, quarter them and boil rapidly in boiling salted water. When soft, drain and put in the oven for a few minutes so that they will dry. Rub through a sieve and put into a saucepan with  $1\frac{1}{2}$  ozs. of butter to every 2 lbs. of purée. Season with salt, pepper and a little nutmeg. Stir well over a quick fire until the purée becomes a thick paste. Remove from the fire and stir in 3 eggs, one at a time. Make the paste into croquettes, either ball or cork shaped, on a floured board. Coat with egg and breadcrumbs and fry in deep fat to a golden colour.

### CROQUETTES DAUPHINE

Prepare as for Potato Croquettes (above), but using 3 ozs. of butter to 2 lbs. of purée and 4 eggs. Then add 4 ozs. of Chou Paste (p. 545) without sugar and divide the mixture into 2-oz. pieces. Make into croquettes, coat with egg and breadcrumbs and fry in deep fat.

### FRIED POTATOES PONT-NEUF (Long Chips)

Choose large firm potatoes, as far as possible of the same size. Peel the potatoes, and with a sharp knife trim each end and the four sides of the potato, so as to give it a square shape—it should look exactly like a block. Then cut lengthwise into slices just under  $\frac{1}{2}$  inch in thickness. Lay these slices on the top of one another, and again cut them lengthwise into little sticks, also  $\frac{1}{2}$  inch thick. The result will be that all the chips are exactly of the same size, if carefully cut in this manner. The trimming from the potatoes can be utilized for making potato soup, purée, etc. As they are being cut, put the chips in a basin of cold water, then remove from the water, and dry

thoroughly in a cloth. Have ready a pan of deep hot oil—the pan should be sufficiently large for the potatoes to “swim,” and on no account should they be closely packed—and put in the potatoes. Fry till they begin to turn a very light golden colour (not brown) and till the surface is crisp and the inside of the chip soft. Remove rapidly from the hot oil with a skimmer, and put on a cloth, or on blotting paper to drain. Sprinkle with salt, and put them in the oven to drain for 3 or 4 minutes.

#### POMMES DE TERRE ANNA

Peel and cut the potatoes as for chips (round chips, p. 497). Place in a well-buttered mould, in circular rows, or in a shallow saucepan, seasoning with salt and pepper, dot with pats of butter, and continue filling the mould with the sliced potatoes, and pats of butter, till the mould or pan is filled. Cover and put in a quick oven for 30 minutes. Serve very hot.

#### POMMES DE TERRE CHATEAU

Peel the potatoes and shape into large olives. Do not wash them, dry with a cloth. To every lb. of potatoes allow 2 to 2½ ozs. of clarified butter. Melt the butter in a saucepan which will just hold the potatoes. When melted, add the potatoes, which, however, should not be too closely packed, season with salt and pepper, and simmer slowly for 25 to 30 minutes, tossing frequently, so that the potatoes are lightly and equally browned. Drain, put on a hot dish, and sprinkle with chopped parsley.

#### POMMES DE TERRE DUCHESSE

Croquettes of Potatoes (p. 494) can be shaped in various ways—in cakes, balls, etc., or as a border. Brush over with beaten yolk of egg and colour for 5 or 6 minutes in the oven.

#### POMMES DE TERRE À LA LYONNAISE

Boil the potatoes in their skins, in salted water, being careful to keep them quite firm. Peel and cut in ¼-inch slices, and cook to a light golden colour in hot butter or fat. Slice a few onions thinly, being careful to slice evenly and allowing ¼ lb. of onions to every 1 lb. of potatoes—and fry to a light golden colour in butter, but without browning. When done, add to the potatoes, mix well, sprinkle with salt, pepper and a little chopped parsley, and serve.

#### POMMES DE TERRE MAIRE

See Potatoes with Cream (p. 497).

#### POMMES DE TERRE MARQUISE

To every lb. of Pommes de Terre Duchesse (above) mix 5 tablespoons of very thick Tomato sauce (p. 71) over a slow

fire. Place on buttered baking tins in small heaps, brush over with yolk of egg, and brown lightly in a hot oven for 5 to 6 minutes.

### POMMES DE TERRE NOISETTE

Peel the potatoes and with a vegetable scoop, shape into hazel nuts. Cook in butter in a saucepan, seasoning with salt, till tender and lightly browned.

### POMMES DE TERRE PARISIENNE

Proceed as above, but when done, coat with a little melted meat glaze, and sprinkle with chopped parsley.

### POMMES DE TERRE SOUFFLÉES

Peel and cut the potatoes into square blocks and slice into  $\frac{1}{8}$ -inch thick slices. Put in a basin of cold water and dry thoroughly. Fry in deep fat, but only moderately hot. Increase the temperature of the oil, and when the potatoes rise to the surface, remove and drain in a frying basket. Have ready another pan of extremely hot oil, and plunge the potatoes in this. The sudden contact with the fresh and hotter fat should make them swell or puff to the shape of small round balls. Cook for a few minutes and drain on a cloth. Sprinkle with a little salt.

### POTATO BALLS

Mash a few potatoes with a fork till quite smooth. Bind with 1 or 2 yolks of egg, moisten with milk and butter, season with salt and pepper, and shape into small balls. Roll in flour, coat with yolk of egg and breadcrumbs and either fry in deep fat or bake in the oven till a light golden colour.

### POTATOES WITH BACON

Peel and quarter medium sized potatoes, and trim off all the angles. Wash and drain the potatoes. Cut  $\frac{1}{4}$  lb. of blanched gammon into dice (to every  $1\frac{1}{2}$  lbs. of potatoes) and brown in butter, with either 1 oz. of chopped onion or a few small pickling onions. When done, remove from the pan and stir in 1 oz. of flour and cook till brown. Then add  $\frac{1}{2}$  pint of stock, the potatoes, the gammon and onion and season with salt and pepper. Bring to the boil, cover and simmer for 35 to 40 minutes till the potatoes are tender. To serve, sprinkle with chopped parsley.

### POTATOES WITH BÉCHAMEL SAUCE

Slice the cooked potatoes in  $\frac{1}{4}$ -inch slices. Put in a saucepan, barely cover with Béchamel sauce (p. 52), and cook for 5 minutes, stirring so that the potatoes are equally coated.

### POTATOES COOKED IN BUTTER

Choose small potatoes of equal size, put them in a saucepan and cook very slowly in butter, turning frequently. When tender, drain off the butter, and to every 2½ lbs. of potatoes add 3½ ozs. of fresh butter, and simmer till the potatoes have completely absorbed the butter. Season with salt and pepper.

### POTATO CHIPS (Round Chips)

Peel potatoes of equal size and shape into perfectly even cork-shapes. Cut into very thin rounds or "chips," put in a basin of cold water for 7 or 8 minutes, drain and dry in a cloth, and fry in very hot deep fat. As soon as they rise to the surface and turn a light golden colour and are quite crisp, drain on a cloth, sprinkle with a little salt and serve. Unless put in very hot oil, the chips will never be crisp. They should be quite dry.

### POTATOES WITH CREAM

Choose firm potatoes which are not floury. Boil in salted water, peel and cut in ¼-inch rounds. Put them in a saucepan, cover with boiling cream, season with salt and pepper and reduce, mixing well with a wooden spoon. Just before serving, add a little more cream.

### POTATOES AU GRATIN (1)

Fill a buttered fireproof dish with a Purée of potatoes (p. 498), sprinkle with grated cheese and breadcrumbs, moisten with melted butter and brown in a quick oven.

### POTATOES AU GRATIN (2)

Bake a few large potatoes, and when done cut in half lengthwise. Remove the pulp and make a purée (p. 498). Fill each half potato with the purée, sprinkle with grated cheese and breadcrumbs, moisten with melted butter and brown in a quick oven.

### POTATOES AU GRATIN WITH MORNAY SAUCE

Slice a few cooked potatoes thickly, put in a fireproof dish, cover with Mornay sauce (p. 65), sprinkle with grated cheese and moisten with melted butter. Brown in a quick oven.

### POTATOES À LA MAÎTRE D'HÔTEL

Cook a few medium-sized potatoes in boiling salted water, but keeping them very firm. Peel and cut into rounds while still hot. Put in a saucepan, barely cover with boiling stock, season with salt and pepper, and rapidly reduce the stock till it has completely evaporated. Add 1 or 2 lumps of butter, put on a hot dish and sprinkle with chopped parsley.

### POTATO PURÉE

Peel the potatoes, quarter them and boil rapidly in boiling salted water. When soft, drain and put in the oven for a few minutes, so that all moisture will evaporate. Rub through a sieve and work in 3 ozs. of butter to every 2 lbs. of purée. Add gradually about  $\frac{1}{2}$  pint of boiling milk and work to the proper consistency, seasoning with salt and pepper. The purée should be very light and smooth—just sufficiently firm to be eaten with a fork.

### POTATO QUENELLES

Prepare in the same manner as Croquettes of Potatoes (p. 494), but to every 2 $\frac{1}{4}$  lbs. of the preparation add 3 whole eggs and 3 ozs. of flour, mixing all well and dividing into pieces weighing about 1 $\frac{1}{2}$  to 2 ozs. Shape into small flat cakes or corks, or into small balls. Poach in boiling salted water till they rise to the surface and drain thoroughly. They can be used as garnishes or served on a buttered fireproof dish, sprinkled with cheese, moistened with butter and browned in a quick oven.

### POTATO SOUFFLÉ

To every pint of light potato purée (above), made with cream instead of milk, add the yolks of 3 eggs and the whites beaten to a stiff froth. Season with salt and pepper, fill  $\frac{3}{4}$  full a buttered soufflé dish or individual soufflé dishes, put in a brisk oven at first, and as soon as the soufflé has risen slightly, lower the temperature and cook for 20 to 25 minutes, till the soufflé is lightly browned.

### STUFFED POTATOES WITH FISH

Bake the number of medium-sized potatoes required. When done, remove from the oven and cut a circular incision in the top. Remove the hot pulp and put in a basin. Work with a little butter and milk in the same way as when mixing a purée. Add half the quantity of any cooked white fish, finely chopped or pounded in a mortar, seasoning with salt and pepper. Fill the potatoes with the mixture, sprinkle with breadcrumbs, moisten with melted butter and brown lightly in a brisk oven.

### STUFFED POTATOES WITH MEAT

Proceed as in foregoing recipe. Add half the quantity of chopped cooked meat to the potato purée, seasoning with a little chopped browned onion.

### STUFFED POTATOES WITH HAM

Proceed as in foregoing recipes, but using chopped cooked ham and flavouring the potato purée with grated cheese.



### STUFFED POTATOES IN THE GERMAN WAY

Cook and prepare the potatoes as in preceding recipes. Rub the pulp through a sieve, put in a basin with the same quantity of butter, and for 6 large potatoes add the yolks of 2 eggs, 3 tablespoons of cream, season with salt, pepper, sugar and nutmeg. Gradually work in 2 tablespoons of grated Parmesan cheese, fill the potatoes with the mixture, sprinkle with Parmesan, put a small pat of butter on each potato and bake in a moderate oven for 25 minutes.

### STUFFED POTATOES WITH VARIOUS STUFFINGS

Potatoes can be stuffed with a great variety of forcemeats, etc.—godiveau, sausage meat, veal forcemeat, various kinds of fish, meat, poultry, game or vegetable purées, etc.

### RIBBON POTATOES

Peel some fairly large potatoes of equal size and cut them into ribbons with a sharp knife, in the same way as an apple is pared. Fry in deep fat, drain and sprinkle with salt. They should be quite dry and crisp.

### ROASTED POTATOES

If large, the potatoes should be peeled, quartered and blanched in boiling salted water for 10 to 20 minutes, according to size. They are then put in the tin in which meat is being roasted, and frequently turned till evenly browned and quite tender. If the potatoes are not large, they can be peeled and halved or quartered and roasted entirely in the meat tin without being previously boiled.

### SAUTÉ POTATOES

Boil some firm potatoes in their skins in boiling salted water, and when nearly done remove, drain, peel the potatoes and cut in  $\frac{1}{2}$ -inch slices. To every lb. of cooked and sliced potatoes allow just under 2 ozs. of butter. Put the butter in a pan, and when hot add the potatoes and toss till a golden colour on both sides. Put on a hot dish, sprinkle with salt and a little chopped parsley.

### SNOW POTATOES

Boil the potatoes in their skins till tender, drain, peel and dry in the oven for a few minutes. Have ready a hot dish and hurriedly rub the potatoes through a coarse sieve into the dish and serve at once without touching.

### STEAMED POTATOES

This is an excellent way of cooking potatoes, particularly new ones, but they should never be peeled before steaming. Put in a steamer, cover and steam till tender, being careful to

replace the boiling water as it evaporates. If no proper steamer is available, they can be peeled, quartered or shaped into large olives, put in a saucepan with a close-fitting lid, barely covered with cold water, seasoned with salt and rapidly brought to the boil and cooked till tender. But the first method is by far the best, and every kitchen should be equipped with a steamer.

### STRAW POTATOES

Peel and trim as for Fried Potatoes Pont-Neuf (p. 494). Slice lengthwise into slices  $\frac{1}{8}$  inch, lay a few of these slices one on the top of the other, and again slice lengthwise in "straws" of the same thickness. They should be the thickness and about the length of an ordinary match. Wash the straws in a basin of cold water to remove the superfluous starch, and dry in a cloth, shaking the potatoes as in the drying of lettuce. Fry in deep fat and remove after 3 minutes. The potatoes are then cooked. To brown them lightly and dry them thoroughly, plunge them once more in very hot oil immediately before serving, drain and serve at once.

### LA TARTE AUX POMMES DE TERRE

Line a well buttered tart tin with short crust, raising the border so as to make an edging. Fill with previously blanched and diced potatoes, bacon and onions, season with salt and pepper and brown in a moderate oven for 35 to 40 minutes.

### Pumpkin

#### BAKED PUMPKIN

Divide a somewhat small pumpkin in half and then into quarters. Remove the seeds, but do not remove the rind. Bake in a moderate oven, rind downwards, for  $1\frac{1}{2}$  to 2 hours or longer, till very tender. Serve in the rind, helping it by spoonfuls. It is eaten with butter or gravy.

#### PURÉE OF PUMPKIN

Peel the pumpkin, remove the seeds and cut the pumpkin into large dice. Boil in boiling salted water to which 2 or 3 lumps of sugar have been added. When tender, drain and rub through a sieve into a basin. Work with a little butter and milk to the right consistency, stir on a slow fire seasoning with salt and pepper.

#### STEWED PUMPKIN

Peel and cut as in preceding recipe. Brown lightly in butter, cover with stock, season with salt and pepper, a bouquet of herbs, bring to the boil and simmer till tender. The time varies according to the size and freshness of the pumpkin.

### SALSIFY

The salsify should be carefully scraped. Have ready a basin of cold water with a little vinegar, and throw in each salsify as it is scraped, dividing in lengths, which vary according to the manner in which they are to be used. If not put in water at once, they turn black. When all the salsify are scraped, put in a saucepan of boiling salted water to which a little vinegar has been added, or else cook in a "blanc" (p. 80). The time depends much on the size of the salsify. Young, small salsify may be tender after 35 to 40 minutes; others may take 1 hour or more. When done, drain and use as required.

### FRIED SALSIFY

Scrape the salsify and divide into 3-inch lengths, halving the thicker pieces of salsify lengthwise. Cook as in preceding recipe. Drain, put on a dish, sprinkle with lemon juice, salt and pepper and a little chopped parsley. Let stand till cold. Dip the pieces of salsify in frying batter (p. 83) and fry in deep fat to a light golden colour. Drain and serve on a hot dish on a folded napkin.

### SALSIFY WITH CREAM SAUCE

Prepare and cook the salsify as directed (above), and when done drain, put in a saucepan and cook for 5 minutes in a Cream sauce (p. 59), but without boiling.

### SALSIFY AU GRATIN

Put the prepared and cooked salsify, cut in 3-inch lengths, in a fireproof dish, cover with Béchamel sauce (p. 52), sprinkle with grated cheese and breadcrumbs, moisten with butter and brown in a quick oven.

### SALSIFY À LA NORMANDE

The same as Salsify with Cream Sauce (above), but with Normande sauce made with cider or wine (p. 66).

### SALSIFY WITH POULETTE SAUCE

The same as preceding recipe, but with Poulette sauce (p. 68).

### SALSIFY SAUTÉ

Brown the cooked salsify in hot butter, seasoning with salt and pepper. Sprinkle with a little chopped parsley.

### SEAKALE

Wash the seakale in cold water, trimming off any bruised or decayed part. Tie in small bunches with string, and boil

in boiling salted water till tender, being careful not to overboil it as the tips will break off. Drain, untie, put on a hot dish and serve with any of the sauces served with asparagus, or dress in the same manner (p. 452).

### SORREL

Pick and wash  $3\frac{1}{2}$  to 4 lbs. of sorrel, put in an earthenware or iron saucepan (avoid using aluminium, as sorrel contains oxalic acid, which affects aluminium and is poisonous to some people) and simmer with a few tablespoons of water. Drain on a sieve. Mix 1 oz. of butter with a little less flour, and when blended add 1 pint or a little over of stock, and the sorrel, seasoning with salt and a little sugar. Cover and simmer in the oven for 2 hours. Then rub the sorrel through a sieve, thicken with the yolks of 2 or 3 eggs beaten with a little of the hot stock, add 2 whole eggs, mix thoroughly on a slow fire, remove from the fire and add a little butter and moisten with a little stock. If served as a vegetable course, garnish with slices of hard-boiled eggs.

### SORREL WITH CREAM

The same as in the preceding recipe, but using milk instead of stock, and adding a little cream to the finished purée.

### SPINACH

Pick the spinach carefully and wash in several waters. If the spinach is very young, the leaves need not be picked off the stalks. These can be broken off on a level with the leaves. Drain thoroughly and put in a large saucepan of boiling salted water, allowing 1 quart to every lb. of unpicked spinach. Boil rapidly for 10 to 15 minutes, according to the freshness of the spinach. Rapid boiling will help to keep the spinach green. When done, drain on a sieve or a colander and at once pour cold water over it. Press the spinach with the hands and extract as much water as possible. Now either rub through a sieve or chop finely. Put the chopped spinach in a cloth and squeeze out all the water by twisting the ends of the cloth. Re-heat with a little butter, or cook as in the following recipes.

### BOUILLABAISSE OF SPINACH

Prepare the spinach as in foregoing recipe, but chop—do not rub through a sieve. Put 3 tablespoons of oil in an earthenware casserole, add 1 chopped onion, and cook without browning, then add the spinach—about 2 lbs.—mix and cook for about 5 minutes. Now add 4 or 5 potatoes, cut in  $\frac{1}{4}$ -inch slices, season with salt, pepper and a good pinch of saffron, cover with 2 pints of stock, add 2 chopped cloves of garlic, a sprig of fennel and

cover. Simmer very gently till the potatoes are tender, then break the number of eggs required over the potatoes very carefully, allowing one for each person, and when set serve at once. Put a slice of bread on each plate; over this carefully place the egg and a good ladleful of the bouillabaisse.

### ÉPINARDS EN BRANCHES

Cook the spinach as directed (p. 502), but do not chop it. Squeeze in a cloth to extract the water, put it on a hot dish, season with salt and pepper and pour melted butter over it.

### ÉPINARDS À LA CRÈME

Put the cooked, chopped and drained spinach in a saucepan, mix with 2 ozs. of butter to every lb. of spinach, add a quarter of the total amount of Cream sauce (p. 59), stir and simmer for 10 minutes.

### ÉPINARDS À LA MORNAY

The same as in preceding recipe, but with Mornay sauce (p. 65).

### SPINACH AU GRATIN

Mix the cooked, chopped and drained spinach with butter, allowing 3 ozs. to every lb. of spinach. Add 2 ozs. of grated cheese, and put in a buttered fireproof dish. Sprinkle freely with grated cheese, moisten with butter and brown in a quick oven.

### SPINACH À L'ITALIENNE

Mix the cooked, coarsely chopped and drained spinach with 2 ozs. of butter to every lb., and 5 minutes before serving add 1 heaped tablespoon of raisins and 1 heaped teaspoon of pine kernel nuts.

### PURÉE OF SPINACH

The same as *Epinards à la Crème*, but the spinach should have been rubbed through a sieve. Put the purée in a hot vegetable dish and mix in 1 or 2 tablespoons of hot cream.

### SPINACH SOUFFLÉ

Cook and drain the spinach and rub through a sieve. To every  $\frac{1}{2}$  lb. of spinach allow the yolks of 3 eggs, 2 ozs. of grated Parmesan cheese and 3 whites of eggs, beaten to a stiff froth. Mix the yolks with the spinach, stir in the grated Parmesan cheese, season with salt and pepper, and finally mix in the stiffly beaten whites. Pour the mixture in a buttered soufflé dish,

filling it only three-quarters full, sprinkle with a little Parmesan, put in a quick oven at first, and as soon as the soufflé begins to rise lower the temperature. Bake for 20 to 25 minutes.

### SPINACH SOUFFLÉ WITH ANCHOVIES

Proceed as in foregoing recipe, but in putting the mixture in the soufflé dish put only a thin coating of it, and over this put a layer of filleted anchovies, cover with the soufflé mixture, then another layer of anchovies, and finally cover with another layer of soufflé mixture. Bake in the same manner.

### SUBRICS D'ÉPINARDS

Cook and drain the spinach and put in a saucepan on a quick fire with 2 ozs. of butter to every lb. of spinach and stir till the moisture has evaporated. Remove from the fire and mix with 6 tablespoons of thick Béchamel sauce (p. 52), 2 tablespoons of thick cream, 1 whole egg and 3 yolks, well beaten, and season with salt, pepper and a little nutmeg. Drop a spoonful at a time of the mixture in a pan of very hot clarified butter and brown, turning carefully to brown the other side. Put on a hot dish and serve with a Cream sauce (p. 59).

### SPLIT PEAS

See Haricot Beans, Lentils, etc.

### PEASE PUDDING

Soak  $1\frac{1}{2}$  pints of split peas in cold water for a night, and remove any that float, or that may be discoloured or worm-eaten. Tie loosely in a cloth and put in a saucepan, covering them with cold water—preferably soft or rain water. Bring to the boil and simmer for 2 hours, or till the peas are tender. Rub through a sieve and mix in a basin with 2 ozs. of butter, 2 whole eggs, and season with salt and pepper. Beat all thoroughly, tie in a cloth and boil for 1 hour. Turn out of the cloth and serve very hot.

### Sweet Potatoes

#### BAKED SWEET POTATOES

This is the most usual way of cooking sweet potatoes or yams. Bake in the same manner as ordinary potatoes. (p. 493), but allowing longer time, as sweet potatoes are sometimes very much larger than the common potato. They are eaten with butter and are always served in their jackets.

### FRIED SWEET POTATOES

Choose potatoes of equal size. Peel and cut into  $\frac{1}{4}$ -inch rounds and fry in deep fat till lightly brown. Drain and serve.

### SWEET POTATOES WITH CARAMEL

Peel the sweet potatoes and boil till tender, but not too soft. Drain and cut in half lengthwise. Fry in hot butter till lightly browned, sprinkling freely with sugar, which turns to a thin caramel.

### SWEET POTATO PURÉE

Either boil or bake the potatoes, and when quite tender rub through a sieve. Proceed as in recipe for Potato Purée (p. 498), but adding a little sugar as well as salt and pepper—the latter is generously used.

### SWEET POTATO SAUTÉ

Slice the cooked and peeled sweet potatoes in  $\frac{1}{4}$ -inch slices, and lightly brown them in butter, tossing frequently so that they will be equally browned.

## Tomatoes

### BAKED TOMATOES

Choose tomatoes of equal size. Remove the stalks and halve the tomatoes. Put them in a buttered fireproof dish, season with salt and pepper, sprinkle the top with breadcrumbs, dot with pats of butter, and put in a moderate oven for 20 to 25 minutes till lightly browned.

### FRIED TOMATOES

Choose firm, medium-sized tomatoes. Pour boiling water over them and peel. Slice in  $\frac{1}{2}$ -inch slices, dip each slice in frying batter (p. 83), and fry in deep fat. Serve on a hot dish on a folded napkin.

### GRILLED TOMATOES

Remove the stalks and cut the tomatoes in thick slices, or leave them whole, if not too large. Season with salt and pepper, brush over with a little oil and grill till lightly coloured.

### STUFFED TOMATOES

If the tomatoes are large they can be halved. If not, cut a round incision on the top of each tomato and remove the pulp and seeds. Season the inside of each with salt and pepper, and put on a buttered or oiled baking tin. Bake for 8 to 10 minutes in a moderate oven till they just begin to soften. They are then ready for stuffing.

### STUFFED TOMATOES AU GRATIN

Stuff the prepared tomatoes with chopped cooked mushrooms and chopped ham mixed with a little Béchamel sauce (p. 52). Put on a baking tin or in a buttered fireproof dish, sprinkle with breadcrumbs, moisten with melted butter or oil, and brown in a quick oven.

### STUFFED TOMATOES À L'ITALIENNE

Stuff the prepared tomatoes (Stuffed Tomatoes, p. 505) with rice cooked in broth and put them in a fireproof dish with oil, a few fillets of anchovies, 2 or 3 cloves of chopped garlic, a few sprigs of mint and season with pepper. Bake in a moderate oven for 20 minutes.

### STUFFED TOMATOES WITH MUSHROOM PURÉE

Stuff the prepared tomatoes with mushroom purée (p. 486) and bake for 20 minutes in a moderate oven.

### STUFFED TOMATOES À LA PROVENÇALE

Prepare 6 large tomatoes and stuff with the following mixture: brown 2 tablespoons of finely chopped onion in oil, add the pulp of 4 tomatoes, a little chopped parsley and 1 chopped clove of garlic. Cover and simmer for 10 minutes. Then add 2 or 3 chopped anchovies, 4 tablespoons of bread, previously soaked and pressed, and moisten with a little stock. Sprinkle with breadcrumbs and grated cheese, moisten with oil and bake for 20 minutes. They can also be served cold, without being baked.

### TOMATOES FARCIES À LA CARMÉLITE

Stuff the prepared tomatoes with chopped hard-boiled eggs mixed with thick Béchamel sauce (p. 52), sprinkle with grated cheese, moisten with oil or melted butter and put in a quick oven to brown. Put on a hot dish and surround with Tomato sauce (p. 71).

### TOMATOES AU GRATIN

Scald and peel 6 or 8 large and firm tomatoes. Slice them and put a layer of slices in a well-buttered fireproof dish, sprinkle with grated cheese and breadcrumbs, moisten with melted butter, season with salt and pepper, and continue filling the dish with alternate layers of tomatoes and grated cheese and breadcrumbs. Moisten finally with butter and bake in a moderate oven for 45 minutes.

### TOMATO PURÉE

See Tomato sauce (p. 71), keeping the purée somewhat thicker.



### TOMATO SAUTÉS

Scald and peel some firm tomatoes and cut in thick slices. Season with salt and pepper, sprinkle with flour, and brown in hot butter, tossing frequently and browning the tomatoes equally on all sides. Put on a hot dish and sprinkle with chopped parsley.

### TOMATO SOUFFLÉ

Add 2 ozs. of grated Parmesan cheese and 2 tablespoons of very thick Béchamel sauce (p. 52) to  $\frac{1}{2}$  pint of thick Tomato Purée (p. 506). Mix thoroughly and add 3 yolks of egg, and finally the 3 whites, stiffly beaten. Season with salt and pepper and bake for 20 to 25 minutes, in a quick oven at first.

### TRUFFLES

In this country truffles are usually bought already prepared and cooked, in either bottles or tins. When fresh truffles are procurable they should be prepared in the following manner:

Soak the truffles in warm water for 30 minutes. Put them in clean water and rub well with the hands, changing the water two or three times. Then rub them well with a small, firm and perfectly clean brush, removing every particle of mud or earth, and with a small pointed stick remove the mud from the small hollows on the surface of the truffles. Again put them in a basin of cold water to verify their absolute cleanliness. Drain and dry in a cloth.

### TRUFFES AU CHAMPAGNE

Choose large round truffles weighing, before they are peeled, from  $2\frac{1}{2}$  to 3 ozs. each. Peel carefully and cook as follows: Put 1 oz. of chopped onion, 1 oz. of chopped carrot, and 2 or 3 chopped shallots in a small saucepan (in which the truffles will be somewhat closely packed) with a bouquet of mixed herbs and a little butter. Cook for 15 to 20 minutes, without browning, till the vegetables are tender. Then add  $1\frac{1}{2}$  lbs. of prepared truffles,  $\frac{3}{4}$  pints of still champagne, season with salt and pepper and cover. Simmer gently for 20 minutes or less, according to the size of the truffles. Remove from the saucepan, strain the liquid and reduce by half. Take the saucepan from the fire, add 1 oz. of meat glaze and 2 ozs. of butter divided in small pieces. Pour the sauce over the truffles.

The truffles can be prepared and cooked in the same manner with Madeira instead of champagne.

### TRUFFES À LA CRÈME

Slice 1 lb. of prepared and peeled truffles, season with salt and pepper and cook over a slow fire in 2 ozs. of butter and

2 teaspoons of brandy. When tender add 3 tablespoons of thick Béchamel sauce (p. 52), and 2 tablespoons of cream. Stir well, remove from the fire and mix in 2 ozs. of butter divided in small pieces. Serve on a hot dish or in a Vol-au-vent case (p. 542).

### TRUFFES À LA SERVIETTE

The same as Truffles au Champagne (p. 507), but with Madeira. In former times the truffles were served on a folded napkin, on a hot dish, and pats of cold butter were served at the same time. In modern times, they are served in a dish—a silver dish preferably—which is placed on a napkin folded in a fancy shape.

### Turnips

They can be cooked and prepared in the same manner as carrots (p. 466).

### BOILED TURNIPS

Pare the turnips and, if large, quarter them. If young turnips are used, leave them whole. Put in a large saucepan of boiling salted water and simmer till tender. The time varies according to the size and age of the turnips. They should be tender but not too soft. Drain and use as required.

### BOILED TURNIPS AND TURNIP TOPS

Boil the turnips as in preceding recipe, but keeping them very firm. Wash the turnip tops and cook in the same manner as spinach (p. 502). Drain, rub through a sieve or chop and mix with butter, seasoning with salt and pepper. Place in the centre of a hot dish and surround with the boiled turnips, sliced and lightly browned in butter, and seasoned with salt and pepper.

### PURÉE OF TURNIPS

Peel and shred the turnips or chop finely. Put in a saucepan with a lump of butter—about 2 ozs. to every 1½ lbs. of turnips—season with salt, pepper and a little sugar, and barely cover with boiling water. Bring to the boil and simmer till tender. Rub through a sieve and add 3 ozs., or a little less, of potato purée to every lb. of turnip purée.

### STUFFED TURNIPS

Choose round, medium-sized turnips of equal size. Peel them and blanch in boiling salted water till tender. Scoop out the middle part of each turnip and fill with equal parts of turnip and potato purée mixed (preceding recipe). Put in a buttered fireproof dish, moisten with melted butter and brown in a moderate oven for 30 to 40 minutes, basting frequently.

**TURNIPS AS A GARNISH**

See Carrots for Garnish, p. 467.

**\*TURNIPS SAUTÉS IN BUTTER**

Boil the turnips and slice thickly, if old, or leave the turnips whole if young and small. Drain and brown lightly in butter, tossing frequently and seasoning with salt and pepper.

**TURNIP TOPS**

These can be prepared, cooked and dressed in the same manner as cabbage leaves.

**VEGETABLE MARROW**

Vegetable marrows are at their best when quite young and free from all tough fibres. They are delicious when only 4 to 5 inches long, and should never be chosen more than 12 to 14 inches long. A common fallacy in this country is the belief that the seeds of a marrow are injurious and should be removed before or after cooking. There is no foundation whatever for this, and the seeds of marrows of the above-mentioned sizes can be eaten with impunity. The seeds of out-sized marrows are doubtless hard and require much cooking before they become sufficiently soft to be easily digested, but this applies equally to the fibrous and tough pulp of such marrows, which, strictly speaking, are not fit for human consumption and are used on the Continent to feed cattle, and in this country in the making of jams of inferior quality.

**BOILED VEGETABLE MARROW**

Peel the marrow or marrows carefully and cut in  $\frac{1}{2}$ -inch slices, without removing the seeds. Boil in a large saucepan in a plentiful amount of boiling salted water. If the marrow is quite young it will be done as soon as the water again comes to the boil. If a larger marrow is used, 3 or 4 minutes' boiling will be sufficient. The slices should be tender but quite firm. Lift out with a fish slice, as the slices of marrow are apt to break if put all at once on a colander. Drain thoroughly on a sieve or colander, as marrow is a very watery vegetable. When well drained, put on a hot dish, season with salt and pepper and pour a little melted butter over it.

**SMALL MARROWS MARINATED**

Very small marrows are used for this dish. Peel the marrows, chop and brown in a little butter. Add a little vinegar, a few sprigs of mint and serve.

### STUFFED VEGETABLE MARROW

Blanch the unpeeled marrow in boiling salted water or bake it till tender but firm. Drain and make a large oblong opening in the top of the marrow and remove the pulp. Or the marrow may be peeled beforehand, cut in half lengthwise, the pulp removed, but leaving a thickness of  $\frac{1}{2}$  inch of pulp, so that the marrow will not break when cooked. The peeled marrow is blanched in boiling water for 10 to 12 minutes. It can be stuffed with any kind of forcemeat—veal, sausage, etc., mixed with its pulp, a little soaked and pressed bread or breadcrumbs, the whole being browned in butter. The stuffed marrow is put on a buttered baking tin or in a fireproof dish, sprinkled with breadcrumbs, moistened with melted butter and baked in a moderate oven for 20 to 30 minutes.

### VEGETABLE MARROW WITH BÉCHAMEL SAUCE

Boil the sliced marrow (p. 509), drain, put on a hot dish and cover with Béchamel sauce (p. 52).

### VEGETABLE MARROW WITH CREAM SAUCE

The same as preceding recipe, but with Cream sauce (p. 59).

### VEGETABLE MARROW FRITTERS

Dip the slices of boiled marrow (p. 509) in frying batter (p. 83) and fry in deep fat. When a light golden colour, drain and serve on a hot dish on a folded napkin.

### VEGETABLE MARROW AU GRATIN

Put the slices of boiled marrow in a buttered fireproof dish, season with salt, pepper, sprinkle with breadcrumbs, moisten with melted butter, and brown in a brisk oven.

### VEGETABLE MARROW WITH MORNAY SAUCE

The same as Vegetable Marrow with Cream sauce (above), but using Mornay sauce (p. 65).

### VEGETABLE MARROW SAUTÉ

Boil the marrow (p. 509), but keep the slices very firm. Drain, season with salt and pepper, and brown in butter, tossing frequently and browning equally on both sides.

### WINDSOR BEANS

Cook and dress in the same manner as Broad Beans (p. 457).

# Salads

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There are two kinds of salads—simple and compound. The simple salads are those which contain only one ingredient, such as plain lettuce salad, cucumber, tomato, beetroot, cauliflower, potato, French beans, etc. Compound salads may contain any number of ingredients, and the American ones particularly, which have only come into existence within comparatively recent times, are famed for the diversity of ingredients used in one single salad. The simple salads are served with roast meats or game—sometimes, too, as a separate course—but the compound salads are practically always served separately.

In the making of salads with uncooked vegetables, the vegetables should be washed and thoroughly drained, but *they should not be allowed to stand in water for more than a few minutes*—not longer than five at the most. It is a common mistake in this country to soak lettuce, or endive or chicory in water for 1 hour or more. The result is that however fresh and crisp the vegetable may have been, it becomes sodden and flabby and can never be properly dried. Before being dressed with any kind of dressing, *all vegetables should be thoroughly dried*—lettuce in a basket made for the purpose, which should be vigorously shaken and only a *few* leaves dried at a time; or a few leaves can be put into a clean cloth, the ends twisted and this also vigorously shaken, and the process repeated till all the leaves are dried. Sodden salads are unpleasant and indigestible. Except when specified, all vegetable salads—with the exception of potato salads—should be dressed just before serving, and the dressing well mixed, so that all the ingredients, or all the leaves, etc., are evenly coated.

Salad dressings can be varied *ad infinitum* and much depends on the good taste and judgment of the “dresser.” A French proverb tells us the way to make a good salad dressing—and here the dressing is of the plainest: “it takes four men—a prodigal for the oil, a miser for the vinegar, a sage for the salt and a madman for the pepper.” And I shall add still a fifth—a chemist for the proper blending and stirring of the four ingredients. The dressing should always be made in a basin, and well stirred and mixed with a wooden spoon. Too often we get a dressing in which the oil and

vinegar remain quite separate, as no attempt has been made to blend them before dressing the salad.

Raw onion should be very sparingly used in salads—it is strong and is apt to destroy the flavour of the other ingredients. It is also preferable to use wine vinegar for salad dressing, as it is not so fiery as malt vinegar, and only the finest olive oil should be used—pure virgin olive oil and not the vegetable oil which goes by the name of “salad oil.”

All the special and fancy dressings used for certain salads will be given in the salad section. The following are a few of the most usual and simple.

### VINAIGRETTE OR PLAIN SALAD DRESSING

This consists of 3 parts of oil to 1 of vinegar, with a seasoning of salt and pepper. Mix thoroughly before using.

### CREAM SALAD DRESSING

There are many different kinds, the most usual being made with 3 parts fresh cream to 1 of vinegar or lemon juice.

### VINAIGRETTE WITH HARDBOILED YOLKS OF EGG

Pound the yolks of 2 hardboiled eggs in a mortar, mix with the vinegar, season with salt and pepper and stir in the oil gradually as in the making of mayonnaise (p. 64), and in the proportions given for plain Vinaigrette (above).

### VINAIGRETTE WITH MUSTARD

Work in 1 teaspoon or more of made mustard (according to taste) to a plain Vinaigrette.

### CREAM SALAD DRESSING WITH MUSTARD

Add 1 teaspoon or more of made mustard to a Cream Salad dressing.

### MAYONNAISE

See Mayonnaise, in Sauces (p. 64).

## Salads

### ALMA SALAD

This consists of grapefruit cut in quarters and slices of avocado pears neatly arranged on halved Cos lettuce. Vinaigrette dressing is served separately.

### SALADE AMÉRICAINNE

Cut thin slices of peeled tomatoes, thin rounds of cooked potatoes and celery in the “julienne” manner (p. 30). Garnish

with slices of hardboiled egg and thin onion rings. Season with Vinaigrette dressing.

#### ANCHOVY SALAD (German)

This is made with anchovies, washed and cut into strips, an equal quantity of smoked salmon, a few shelled prawns, sliced Cervelat sausage and pickled cucumber cut into strips, with a Vinaigrette dressing (p. 513). The dish is garnished with slices of lemon, pickled cherries, olives, capers and aspic cut in fancy shapes.

#### ANCHOVY SALAD (Italian)

Moisten a biscuit with a little water to make it soft and dress it with chopped anchovies, olives, capers and a Vinaigrette dressing.

#### ANCHOVY SALAD (Italian) another

This consists of lettuce or other green salads dressed with a mixture of 3 tablespoons salad oil to  $1\frac{1}{2}$  of vinegar, 1 teaspoon mustard, and 2 or 3 boned and pounded anchovies.

#### ANDALUSIAN GASPACHO (Spanish)

Pound 1 clove of garlic for each person in a mortar with a little cumin, salt and pepper. Add oil gradually, stir continuously as in making a mayonnaise. Spread the smooth paste on slices of bread and cover with thick tomato pulp. Sprinkle with a few drops of water and let it stand so that the bread becomes impregnated. Sprinkle with vinegar just before serving. Sliced cooked pimientos or onions may be added. Crushed ice is placed around the dish.

#### ANDALUSIAN SALAD (Spanish)

This salad is made with slices of uncooked pimientos, slices of tomatoes, chopped chives and cooked rice, flavoured with essence of garlic and sprinkled with a little chopped parsley.

#### APPLE AND CHEESE SALAD

Cr  am cheese shaped into small balls, and small cubes of apple are served with a green salad, the whole being dressed with a Vinaigrette dressing (p. 513).

#### ARAB SALAD

This is composed of sliced oranges, sliced onions, and small black olives, dressed with oil, salt and red pepper.

#### SALAD OF GLOBE ARTICHOKEs

This consists of the bottoms of cold cooked Artichokes (p. 448), dressed with either thick mayonnaise or Vinaigrette (pp. 64, 513).



**SALAD OF JAPANESE ARTICHOKES**

Cold, boiled Japanese Artichokes are served with a Vinaigrette dressing.

**SALAD OF JERUSALEM ARTICHOKES**

This is made of cold, boiled Jerusalem Artichokes cut in slices and served with a Vinaigrette dressing.

**ASPARAGUS SALAD**

Cold, boiled asparagus (p. 452) is served with a Vinaigrette dressing, or the tips may be cut off and mixed with the dressing.

**AVOCADO PEAR SALAD**

Peel the avocado pear and cut the pulp in small cubes. Sprinkle with nutmeg and sugar, moisten with kirsch and serve iced.

**BANANA SALAD**

Make an oblong incision in each banana, remove the piece of skin and take out the pulp. Cut the pulp in cubes mix with a Vinaigrette dressing, replace in the banana skins. Serve very cold on lettuce leaves.

**FRENCH BEAN SALAD**

Boil the beans (p. 455), drain them well and when cold break them in pieces. Serve mixed with a Vinaigrette dressing (p. 513).

**FRENCH BEAN AND TOMATO SALAD**

Prepare the beans as in the preceding recipe, put in a salad bowl with sliced or quartered tomatoes and mix in a Vinaigrette dressing.

**SALAD OF FRENCH BEANS AND GARLIC**

Prepare the beans as in the preceding recipe, and dress with a few tablespoons of oil with which 1 or 2 pounded cloves of garlic and a little salt have been mixed.

**BEETROOT SALAD**

Cut the cooked beetroot (p. 457) into thin slices or cubes and dress with a Vinaigrette dressing.

**BEETROOT SALAD (German)**

This is composed of thin slices of cooked beetroot, sliced radishes and chopped shallots, dressed with a mixture of vinegar, salt, peppercorns, caraway seeds, chopped bayleaf, a little sugar and beetroot juice.

**SALAD OF BROCCOLI**

Divide the cooked broccoli (p. 458) into clusters and serve with a Vinaigrette dressing.

**SALAD OF BRUSSELS SPROUTS**

Shred the uncooked sprouts finely and mix with a Vinaigrette dressing (p. 513).

**CABBAGE SALAD**

Shred the white heart of an uncooked cabbage very finely and mix with a Vinaigrette dressing.

**CABBAGE SALAD (Austrian) 1**

Shred the white part of an uncooked cabbage and dress with a mixture of sour cream and vinegar. Sprinkle with caraway seed.

**CABBAGE SALAD (Austrian) 2**

Shred finely either raw or boiled cabbage. Dress with vinegar, sugar, salt and pepper, and either a little cumin or caraway seeds. It is sometimes garnished with small cubes of fried bacon or gammon.

**RED CABBAGE SALAD**

Remove the hard midribs of the leaves. Cut the cabbage, either raw or blanched, "julienne" fashion (p. 30) and dress with a Vinaigrette six hours before required.

**RED AND WHITE CABBAGE SALAD**

Shred the white cabbage and cook in boiling salted water for 5 minutes and drain. When cold, mix with apples cut in cubes, which have been soaked for 1 hour in vinegar and a little sugar. Dress with a Vinaigrette, to which a little sugar has been added.

Shred and cook the red cabbage in the same manner as the white, and dress with cubes of bacon which have been cooked in vinegar with a little sugar. Mix the red and white salads together.

**CARDOON SALAD**

Remove the coarse outer leaves of the uncooked cardoon, exposing the white crisp stalks. Cut these crosswise into  $\frac{1}{4}$ -inch rounds. Dress with either Vinaigrette, Mayonnaise or cream dressing (pp. 513, 64).

**CAULIFLOWER SALAD**

Cook the cauliflower (p. 468). When cold keep whole or divide into clusters and dress with a Vinaigrette. This is sometimes garnished with a sprinkling of chopped chervil.

**CAULIFLOWER SALAD (German)**

Boil and divide the cauliflower in clusters. Add a few chopped prawns and chopped parsley and dress with a Vinaigrette. Over the whole pour a Mayonnaise dressing (p. 64).

**CELERY SALAD (1)**

Prepare in exactly the same way as Cardoon Salad (p. 516).

**CELERY SALAD (2)**

Cut the white crisp inner stalks across into 2-inch lengths and cut again lengthways into very thin strips without quite detaching them at the base. Place in cold water for a few hours so that the strips may curl. Drain and dress with mustard and cream dressing (p. 513).

**CELERIAC SALAD**

Divide the celeriac into 3 or 4 pieces, slice thinly and evenly, and cook as directed on page 470. When cold, dress with a Vinaigrette to which 2 teaspoons of made mustard have been added. An alternative dressing is a thin mayonnaise with the same quantity of mustard.

**CHEESE AND PIMIENTO SALAD (American)**

This consists of finely chopped sweet red or green peppers added to cream cheese, which has been shaped in small balls, and served with a green salad.

**CHICORY SALAD**

Remove the outer or withered leaves, wash well and drain. Dress either whole or cut crosswise in  $\frac{1}{2}$ -inch rounds with Vinaigrette or cream dressing. (p. 513).

**CHICORÉE À LA "CROQUE-AU-SEL" (Belgian)**

This consists merely of the best and whitest part of the chicory eaten with a little salt.

**CORN SALAD**

Dress the cooked corn (p. 474), while still hot, with a Vinaigrette, to which a little mustard and very finely chopped onion have been added and let it stand for 1 hour or so. Serve on lettuce leaves.

**CREAM CHEESE SALAD (American)**

Cream cheese is mixed with chopped nuts and a Vinaigrette and shaped into small balls. These are served with a lettuce salad dressed with Vinaigrette.

**SALADE CRESSONNIÈRE**

This consists of an equal mixture of *Salade de Pommes de Terre à la Parisienne* (p. 496), and watercress leaves. Sprinkle with a mixture of parsley, chervil and hardboiled égg.

**CUCUMBER SALAD**

See page 96, *Hors d'Œuvre*. It can also be dressed with a cream or a Mayonnaise dressing (pp. 513, 64).

**CUCUMBER SALAD WITH SOUR CREAM (Russian)**

Cut the peeled cucumber into dice, sprinkle freely with salt and let it stand for 1 hour. Drain away the water and mix the dice with a dressing of sour cream, flavoured with lemon juice, salt and pepper.

**DANDELION SALAD (French)**

This consists of the young white dandelion leaves dressed with a Vinaigrette.

**SALADE DANICHEFF**

This consists of blanched celeriac cut in slices, thin round slices of potatoes, slices of artichoke bottoms, strips of raw mushrooms and asparagus tips arranged in heaps. Garnish with crayfish tails, hardboiled egg and truffles. Dress with mayonnaise.

**ENDIVE SALAD**

The leaves are dressed with a Vinaigrette (p. 513).

**ENDIVE SALAD (Spanish)**

Chop the endive and pour over the following dressing: 1 clove of garlic, 1 tomato,  $\frac{1}{2}$  teaspoon pepper and the same of cumin are all pounded in a mortar, and 3 tablespoons of oil and  $1\frac{1}{2}$  tablespoons of vinegar are added gradually.

**SALADE D'ESTRÉES**

This is made of curled celery, as used in *Celery Salad* (p. 517), chopped raw truffles, dressed just before serving with a mayonnaise flavoured with mustard and a little cayenne.

**SALADE À LA FLAMANDE**

Cut up chicory and half the quantity of cooked potatoes, julienne fashion (p. 30). Chop up a peeled baked onion when cold and cut a few fillets of herring into dice, the amount of onion and herring together being equivalent to that of the potatoes. Mix all together, season with a Vinaigrette dressing and add a little chopped parsley and chervil.

**GADSKI SALAD**

Cut a Cos lettuce in half and garnish with avocado pears and and pimientos cut in strips, apples cut in dice, truffles shredded, and white grapes cut in half and the seeds removed. Dress with a Vinaigrette to which a few pounded nuts have been added.

**GREEK SALAD**

This is made with a mixture of uncooked shredded white cabbage, beetroot cut in dice, small black olives and capers. Dress with a Vinaigrette to which a little mustard has been added.

**SALAD OF HOP TOPS**

Boil the hop tops (p. 480), and slice them. Dress when cold with either Vinaigrette or Mayonnaise (pp. 513, 64).

**IL PESTO (Italian) (1)**

This is a smooth paste made of anchovies, cheese, pine kernel or other nuts, garlic and a few sprigs of sweet basil pounded in a mortar.

**IL PESTO (Italian) (2)**

Pound in a mortar 1 clove of garlic, 2 ozs. grated Parmesan cheese, and a sprig of basil with 4 tablespoons of oil, and then rub through a sieve.

**SALADE ISABELLE**

Arrange separately in a salad bowl, raw mushrooms, artichoke bottoms, cooked potatoes and celery, all thinly sliced. Dress with a Vinaigrette and sprinkle with chopped chervil.

**SALADE ITALIENNE**

Mix in a salad bowl cooked carrots, turnips, potatoes, raw tomatoes, French beans and anchovy fillets, all cut into dice, and with peas, capers and stoned olives. Season with mixed herbs, dress with Mayonnaise (p. 64) and garnish with slices of hard-boiled egg.

**JAPANESE SALAD**

Cut a few slices of pineapple, orange and tomato into dice. Sprinkle them separately with sugar and let stand for 30 minutes. Place the fruit and tomato in the halves of oranges which have been scooped out, and pour over a dressing of 1 tablespoon of lemon juice to 2 of cream and 1 teaspoon sugar. Place the oranges on lettuce leaves for serving.

**KOHL RABI SALAD**

Boil the Kohl Rabi (p. 481). Slice the roots and dress with Vinaigrette.

**SALADE LAKMÉ**

This consists of equal quantities of chopped pimientos, tomatoes, boiled rice (p. 534), and shredded raw onion. Dress with a vinaigrette to which a little curry powder has been added.

**LAMB'S LETTUCE OR CORN SALAD**

Pick the lamb's lettuce and wash carefully. Dry in a salad basket or cloth, and mix with a Vinaigrette dressing.

**LEEKs À LA GREQUE**

See Hors d'Œuvre (p. 98).

**LENTIL SALAD**

Boil the lentils and drain them well. Put in a salad bowl, moisten with white wine and dress with a Vinaigrette. Garnish with finely chopped onion and parsley.

**LETTUCE SALAD (1)**

The lettuce should be washed and dried, and the outer tough leaves discarded. Dress with a Vinaigrette dressing.

**LETTUCE SALAD (2)**

Prepare as above but use the following dressing: Put 1 teaspoon of chopped parsley, 1 of chopped shallot or onion in a basin with 2 teaspoons of sugar,  $\frac{1}{2}$  coffee spoon salt,  $\frac{1}{2}$  of pepper, and work with 4 tablespoons of oil, 1 of tomato ketchup and 1 of vinegar.

**LETTUCE SALAD (3)**

Prepare the lettuce as above and dress with cream and lemon juice, adding a little sugar, salt and pepper. Garnish with slices of hardboiled egg.

**LETTUCE SALAD (4)**

Prepare the lettuce as in the preceding recipes and pour over the following dressing: Pound the yolks of 2 hardboiled eggs to a paste, add 4 or 5 tablespoons of cream gradually, working with a wooden spoon as in the making of a Mayonnaise (p. 64). Season with salt, pepper, a little sugar and add 2 tablespoons lemon juice gradually, stirring continually.

**LETTUCE SALAD (5)**

Prepare the lettuce as in the preceding recipes and sprinkle it with salt. Let it stand in a cold place for 30 minutes. Pour the following dressing over it just before serving: Pound the yolks of 2 hardboiled eggs, season with 1 teaspoon sugar, a good pinch of

salt and a little pepper. Mix with 1 tablespoon vinegar, and add gradually 1 gill sour cream, stirring continuously. Then mix in 1 teaspoon finely chopped fennel and add a few slices of cucumber.

### LETTUCE AND LEEK SALAD (German)

Chop the lettuce and uncooked leek finely and pour over this the following dressing. Brown 1 or 2 ozs. of gammon cut in dice, add 2 or 3 tablespoons vinegar and a little salt.

### SALADE LIÉGEOISE

This consists of young dandelion leaves, slices of cooked potatoes, still warm, and bacon cut into inch strips and lightly fried, to which a few tablespoons vinegar have been added. The vinegar with the warm bacon is poured over the salad and the whole served warm.

### SALADE LORETTE

This consists of equal quantities of lamb's lettuce, celery and beetroot cut julienne (p. 30), and dressed with a Vinaigrette (p. 513).

### MACÉDOINE OF FRESH VEGETABLES

See Vegetable Salad, Hors d'Œuvre Section (p. 104).

### MIAMI SALAD (American)

This consists of the hearts of crisp lettuce, tangerines divided into quarters, sliced tomatoes and a few slices of lemon without the rind. Dress with oil, salt, pepper and a little sugar.

### SALADE MIGNON

This is made with equal quantities of shelled prawns and cooked artichoke bottoms, cut in dice and garnished with thin slices of truffles. Dress with Chantilly sauce (p. 57), seasoned with cayenne pepper.

### A MIXED SALAD (Italian) (1)

The following mixture of vegetables is placed in the shape of a pyramid on a foundation of cooked semolina or unsweetened biscuits, well rubbed with garlic. Clusters of cooked cauliflower, small pieces of carrot, potatoes, beetroot cut in cubes, French beans and celery. Dress with Vinaigrette. The pyramid is garnished with pieces of cooked fish and lobster coated with a thick sauce made with pounded capers, 2 or 3 pounded anchovies, finely chopped parsley, oil and lemon juice and seasoned with salt and pepper. Lastly decorate the pyramid with pieces of crayfish, olives, anchovies, hardboiled eggs, etc., threaded on dainty skewers.

**A MIXED SALAD (Italian) (2)**

This consists of sliced or quartered tomatoes, pimientos, salt olives, gherkins, chopped celery, chives or shallots, a sprig of chopped sweet basil, dressed with mullet roe (compressed and salted, like cavaire), marinated in oil, lemon juice and a little chopped parsley.

**A MIXED SALAD. (Italian) (3)**

This salad is made of chopped celery, tomatoes, fennel root, wild herbs dressed with oil, crushed garlic and sprigs of sweet basil.

**MUSHROOM SALAD**

See Salad of Truffles (p. 525), but use cooked mushrooms instead of raw truffles.

**SALADE NIÇOISE**

This is made of equal quantities of tomatoes cut in quarters, potatoes cut in dice, and French beans, dressed with Vinaigrette and garnished with anchovy fillets, capers and stoned olives.

**OKRA SALAD**

Fresh okra not being obtainable, the tinned variety should be used. Put the okra in a salad bowl with a little of the liquid from the tin. If the okra are large they should be cut in slices. Dress with Vinaigrette.

**SALAD OF PIMIENTOS**

The pimientos should be either boiled or baked until tender, and when cold served with a Vinaigrette to which a little sugar has been added.

**SALAD OF PIMIENTOS AND AUBERGINES**

Bake the pimientos and the aubergines, both cut in halves, in the oven with a little oil until tender. Skin them and serve cold with a Vinaigrette dressing.

**SALAD OF PIMIENTOS AND TOMATOES**

This consists of uncooked red or green pimientos cut into strips, and sliced tomatoes, dressed with a Vinaigrette to which a little pounded garlic has been added.

**PIMIENTOS À L'ALGERIENNE**

See Hors d'Œuvre (p. 100).

**POTATO SALAD (1)**

See Hors d'Œuvre (p. 100).



**POTATO SALAD (2)**

Potato salad is eaten either cold or slightly warm, but whichever way it is served, it should always be dressed while still hot, so that the potatoes absorb the dressing.

Boil or steam the potatoes, but do not cook too long or they will break. Peel and slice thinly or cut into cubes. Dress with 4 tablespoons oil, 1 tablespoon wine vinegar, 2 tablespoons red or white wine, a little salt and freshly ground pepper, chopped parsley and chopped chives.

**POTATO SALAD (3)**

Prepare the potatoes as above and mix with it a plentiful amount of shelled prawns and dress with a Vinaigrette well seasoned with pepper. Garnish with slices of hard-boiled egg and small chilli peppers.

**POTATO SALAD (4)**

Prepare the potatoes as in the preceding recipes and dress with oil and vinegar in equal amounts, a little finely chopped onion, parsley and dill. Garnish with fillets of salt herring and slices of Dutch cucumbers.

**POTATO SALAD (5)**

Prepare the potatoes as in the preceding recipes and mix with fillets of salt herring, small slices of cooked veal, 1 Dutch cucumber, 1 pickled cucumber, peeled and cored apples, and beetroot, all cut in dice. The dressing is made with 6 tablespoons of oil, 2 of vinegar, 1 glass of white wine, 1 finely chopped onion, 1 teaspoon of mustard, a little sugar, salt and pepper.

**POTATO AND APPLE SALAD**

This consists of potatoes prepared as in the preceding recipes and cut in cubes mixed with an equal quantity of peeled and cored apples cut in cubes and dressed with a Vinaigrette. The apple cubes should be soaked in vinegar for 1 hour before serving. This softens them.

**SALAD OF POTATOES, BEETROOT AND HARICOT BEANS**

Prepare the potatoes as in the preceding recipes and cut into dice. Mix with cooked beetroot cut into dice, and cooked haricot beans. Dress with Vinaigrette (p. 513).

**PRUNE SALAD (American)**

Soak the prunes overnight and cook till tender; drain them and stone them carefully. Fill each prune with cream cheese and serve on lettuce leaves with a Vinaigrette dressing.

**ROOSEVELT SALAD (American)**

This consists of thin slices of cooked artichoke bottoms, apples peeled and cored and cut into strips, and crisp lettuce leaves. Sprinkle with finely chopped nuts, and a few nasturtium seeds in vinegar and garnish with nasturtium flowers. Serve with a mayonnaise dressing to which a purée of corn has been added.

**RUSSIAN SALAD (1)**

There are many different types of "Russian Salad," but they all contain cooked meat, fish, poultry or game, as well as numerous vegetables. The following is a typical "Russian Salad."

Meat, game or poultry is cut into dice, as well as beetroot, potatoes, gherkins, salt or fresh cucumbers and hard-boiled eggs. These are mixed with olives, sauerkraut and haricot beans and then dressed with a Vinaigrette to which a little mustard has been added. Herrings or other fish can be substituted for the meat.

**RUSSIAN SALAD (2)**

Cut julienne fashion (p. 30), equal quantities of cooked potatoes, carrots, French beans, gherkins, mushrooms cooked and sliced, capers, peas, truffles, small pieces of lobster meat, lean ham and a few anchovy fillets. Dress with mayonnaise and garnish with caviare and beetroot cut in dice.

**SALADE RACHAEL**

This consists of equal quantities of celery, cooked potatoes, artichoke bottoms all cut julienne fashion (p. 30), and asparagus tips mixed with a few slices of truffles and dressed with Mayonnaise (p. 64).

**SALADE SICILIENNE**

This is made with equal quantities of cooked artichoke bottoms, sliced tomatoes and apples and celeriac all cut into cubes. Serve with a dressing of oil and lemon juice.

**A SUMMER SALAD (Spanish)**

Two aubergines, cut in half lengthwise, 2 pimientos and 2 tomatoes are baked. When cold the pimientos and tomatoes are skinned and sliced and placed on the top of the halved aubergines, add chopped chilli pepper, 1 chopped spring onion and a little chopped chervil. The dressing is made of oil and lemon juice seasoned with salt and pepper.

**TOMATO SALAD**

Quarter or slice the tomatoes or, if preferred, skin them first. Dress with a Vinaigrette.

**SALAD WITH TRUFFLES**

Garnish a lettuce salad with truffles cut in strips and dress with the pounded yolks of 1 or 2 hard-boiled eggs to which oil and vinegar are added as in the making of a Mayonnaise (p. 64). Add 2 or 3 anchovies, also pounded, and a little French mustard.

**SALAD OF TRUFFLES**

Peel the raw truffles and slice very finely. Dress with hard-boiled egg pounded in a mortar with salt and pepper, to which oil is added as in the making of Mayonnaise (p. 64) and a little lemon juice.

**TURNIP SALAD**

This consists of young boiled turnips cut in dice and dressed with Vinaigrette.

**SALAD VALENCIANA**

Rub a slice of toast well with garlic and put it in a salad bowl. Cover with lettuce, sliced oranges and pimientos and dress with the yolks of 1 or 2 hard-boiled eggs, pounded in a mortar, to which 3 tablespoons of oil are gradually added, a little vinegar, lemon juice, salt and pepper.

**VEGETABLE SALAD**

See Hors d'Œuvre (p. 104).

**WALDORF SALAD (American)**

This consists of celery, apples peeled and cored, both cut into dice, sliced bananas and shelled nuts either halved or quartered. A mayonnaise dressing is served separately in a sauceboat (p. 64).

*Cereals and Pastes*

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## Gnoochi

### GNOOCHI

Make a "chou" paste (p. 545) with  $\frac{1}{2}$  lb. flour,  $3\frac{1}{2}$  ozs. butter,  $\frac{1}{2}$  pint milk, 5 eggs, and a good pinch salt (no sugar). When the paste is made, mix in 4 ozs. grated Parmesan cheese. Divide the paste into pieces the size of a small nut, and poach in a large saucepan of boiling salted water. As soon as the gnochchi rise to the surface and are somewhat elastic to the touch, drain and use as required.

### GNOCCHI AU GRATIN

Prepare as in preceding recipe and when poached and drained, put in a fireproof dish coated with Mornay sauce (p. 65), cover with more Mornay sauce, sprinkle with grated cheese, moisten with melted butter and brown in a moderate oven.

### GNOCCHI ALLA PARMIGIANA

Prepare and poach as in preceding recipes. Drain and put in a pan with rich gravy (p. 62) and sprinkle liberally with grated Parmesan cheese. Cook for 5 to 10 minutes and serve.

### GNOCCHI À LA PIÉMONTAISE

Boil or steam 1 lb. potatoes in jackets, peel and, while still hot, rub through a sieve. Mix in a basin with 3 ozs. flour, 1 whole egg and the yolk of another, 3 or 4 tablespoons butter, and season with salt and pepper. Mix thoroughly and shape the mixture into small balls the size of a walnut, and flatten out in the shape of small cylinders. Poach in boiling salted water as in preceding recipes. Drain and serve with either Gravy or Espagnole sauce (pp. 62, 50) and grated Parmesan cheese.

### GNOCCHI À LA ROMAINE

Boil  $\frac{1}{2}$  lb. semolina in milk and, when thick and smooth, add 1 oz. butter and 1 of grated cheese. Remove from the fire and stir in 2 whole eggs. Put the mixture on a dish in a layer about  $\frac{1}{2}$ -inch thick. When cold, shape into gnocchi the same size and shape as almonds. Put in a fireproof dish with 4 ozs. melted butter, season with salt and pepper, sprinkle with 4 ozs. grated Parmesan cheese, and cook in a moderate oven for 30 to 35 minutes.

### POTATO GNOCCHI

The same as Gnocchi à la Piémontaise, but when poached, brown lightly in butter, sprinkling them with breadcrumbs and grated Parmesan cheese. Serve with Tomato sauce (p. 71).

### Hominy

#### BOILED HOMINY

To 1 pint hominy, allow 2 quarts water and 2 teaspoons salt. Soak the hominy in cold water for 12 hours, then put in a saucepan, cover with the 2 quarts of cold water and add the salt. Bring to the boil and simmer for 1 hour or longer till very thick and smooth and of the consistency of thick starch. It can be eaten with butter, salt and pepper, or with gravy or as an accompaniment to meat. It is sometimes eaten as a breakfast dish with milk or cream and sugar.

#### HOMINY CAKES

Put the boiled hominy on a dish in a layer of about  $\frac{1}{2}$ -inch. Let stand till quite cold. Cut into small rounds with a cake cutter or cut into slices. Season with salt and pepper, dust over with flour, brush over with the beaten yolk of 1 or 2 eggs, and fry to a golden colour in hot butter, browning equally on both sides. They are sometimes eaten with butter as a separate course, or can be eaten with meat.

#### HOMINY CROQUETTES

See Rice Croquettes (p. 534).

## Kasha

## BUCKWHEAT KASHA

Sift 1½ lbs. buckwheat flour, spread it out on a large frying pan and lightly brown it. Put it in an earthenware pot with 1 teaspoon of salt, 1 tablespoon butter and just enough water to cover. Cover with a lid and stand the pot or jar in a tin containing a little water. Simmer in a moderate oven for 2 to 3 hours. Serve with either cream or melted butter.

## GARNISHED KASHA

Proceed as in foregoing recipe, but 10 minutes before serving add ¼ lb. cooked veal, the same of cooked partridge, cut in 1-inch lengths, ¼ lb. beef marrow, in small dice, and a few thick slices hardboiled egg.

## KASHA WITH MUSHROOMS

Proceed as in foregoing recipe, but 10 minutes before serving add ½ lb. or more, according to taste, of dried mushrooms, previously soaked and cooked and cut in half. To serve, put on a dish and pour a few tablespoons sour cream over the whole.

## MACARONI AND SPAGHETTI

Macaroni or spaghetti should never be broken or chopped in small lengths either before or after cooking. However long it is there is no difficulty in cooking it in a large saucepan: shortly after one end of it has been placed in the boiling water it becomes soft and collapses, and the remaining part slips into the saucepan quite easily. Macaroni and spaghetti should always be cooked in an abundance of boiling salted water—it should, in fact, “swim in the water.” The reason why we so often get sodden macaroni is not only that it has been over-boiled, but that it has not been cooked in a sufficient quantity of water, and the strands have been in too close contact. Always put the macaroni or spaghetti in fast boiling water. If the macaroni is very fresh, it should not take more than a few minutes to boil. Spaghetti is sufficiently boiled after 3 or 4, or perhaps 5 minutes, if not too stale. It should be tender, but sufficiently firm to be felt “under the teeth” or *al dente*, as the Italians say. As soon as done, the macaroni or spaghetti should at once be put on a colander or on a sieve to drain thoroughly. It should never be served sodden.

## BAKED MACARONI

Boil as in preceding recipe ½ lb. macaroni, drain and place in an earthenware casserole, with 2 tablespoons oil and 2 to 2½ ozs. butter, and 1 large sliced tomato. Season with salt and pepper, and bake in a moderate oven for 20 to 30 minutes. Before serving, sprinkle freely with parmesan cheese.

**CANNELLONI STUFFED À LA TOSCANA**

This very large macaroni is cut into 1 or 2-inch lengths and stuffed with chopped cooked meat, chopped chicken livers, truffles, mixed with 1 or 2 eggs and grated Parmesan cheese, the whole being browned in gravy.

**LASAGNE**

These are boiled and prepared in the same manner as macaroni and spaghetti.

**MACARONI À LA CORSE**

Boil the macaroni as directed (p. 528), put on a hot dish and cover with the sauce from braised meat (p. 89) and a few cooked mushrooms.

**MACARONI CROQUETTES**

Boil the macaroni or spaghetti (p. 528). Chop into  $\frac{1}{2}$ -inch lengths, mix with thick Béchamel sauce to which a little Tomato sauce has been added, (pp. 52, 71), and grated Parmesan cheese. When cold, shape into croquettes, coat with flour, beaten yolk of egg and breadcrumbs and fry in deep fat (p. 87).

**MACARONI CROQUETTES À LA MILANAISE**

Proceed as in foregoing recipe, but add half the quantity of chopped ham and a quarter the quantity of chopped cooked mushrooms to the macaroni. Serve with a light Tomato sauce (p. 71).

**MACARONI WITH GARLIC AND OIL**

Boil and drain  $\frac{1}{2}$  lb. of macaroni (p. 528). Put it in a frying pan with 4 or 5 tablespoons oil, and 3 or 4 cloves of chopped garlic, previously lightly browned in the same oil and sprinkled with parsley. Season with salt and pepper, mix well, and turn frequently, simmering for about 20 to 30 minutes, so that the macaroni absorbs some of the oil.

**MACARONI WITH GRAVY**

Blanch the macaroni in boiling salted water for 1 or 2 minutes only and drain. Put in an earthenware casserole with  $\frac{1}{2}$  pint of the sauce from braised veal, cover and simmer till the macaroni has absorbed practically all the sauce. To serve, moisten with 2 tablespoons of the same sauce.

**MACARONI À LA LANGUEDOCIENNE**

Boil and drain  $\frac{1}{2}$  lb. macaroni (p. 528), and cook for a few minutes in butter. Put on a hot dish, sprinkle with grated cheese and cover with thin slices of aubergines, sautéd in butter (p. 87)

and six sauté tomatoes seasoned with salt, pepper and chopped garlic and cooked mushrooms, cut in dice.

### MACARONI À LA MILANAISE

Boil and drain the macaroni (p. 428). Melt 1 oz. butter (to every  $\frac{1}{2}$  lb. cooked macaroni) in a deep frying pan and put in the macaroni. Season with salt and pepper and sprinkle with 3 to 4 ozs. grated Parmesan cheese. Mix all well and put on a hot and somewhat deep dish. In the centre put strips of cooked ham, tongue, mushrooms and truffles and pour Tomato sauce (p. 71) over the whole or serve the sauce separately.

### MACARONI À LA NAPOLITAINE

This consists of boiled and drained macaroni (p. 528), mixed with the sauce of the veal stew *Stufalino* (p. 293) and freely sprinkled with grated cheese.

### MACARONI WITH TOMATOES

Boil and drain  $\frac{1}{2}$  lb. macaroni (p. 528). Melt 1 oz. butter in a frying pan, and when melted add  $\frac{1}{2}$  lb. tomatoes, peeled and quartered. Cook till soft, crushing with a wooden spoon to extract the juice. Add the macaroni and mix well, seasoning with salt and pepper and sprinkling with 3 or 4 ozs. grated Parmesan cheese. Put in a buttered fireproof dish—a round soufflé dish is very suitable—sprinkle with more cheese, moisten with melted butter, and bake in a moderate oven for 20 to 25 minutes.

### SPAGHETTI

Spaghetti is the thinner or smaller macaroni, but varies in size in different parts of Italy. It is cooked and dressed in the same manner as macaroni (p. 528).

### SPAGHETTI WITH ANCHOVIES

The same as Macaroni with Tomatoes (p. 530). The spaghetti can either be baked, as in the above-mentioned recipe, 12 or more fillets of anchovy being added and well mixed with the spaghetti, 5 or 6 minutes before serving. Or they can be added to the spaghetti when this is being mixed with the tomatoes and cheese in the frying pan, cooked for 5 or 6 minutes and served at once.

### SPAGHETTI IN FOIE GRAS CASE

Cook the spaghetti as in preceding recipe, but without baking it and omitting the anchovies. Put the spaghetti in the pastry crust of a Pâté de Foie Gras en Croûte from which all but a few small pieces of the pâté has been removed, sprinkle with grated Parmesan, moisten with butter, and put in a moderate



oven for 15 to 20 minutes. The spaghetti is deliciously flavoured by the remains of the pâté which still clings to the crust.

### SPAGHETTI WITH OYSTERS

The same as Macaroni with Tomatoes (p. 530). Five minutes before serving, remove the spaghetti from the oven and mix in 12 or more bearded oysters.

### SPAGHETTI WITH MUSHROOMS

The same as Macaroni with Tomatoes (p. 530), but the cooked and quartered mushrooms are added to the spaghetti just after mixing with the tomatoes.

### SPAGHETTI WITH TUNNY FISH

The same as Spaghetti with Anchovies (p. 530) but using tunny fish (in oil) divided into 1-inch lengths.

### SPAGHETTI WITH TRUFFLES

Put the spaghetti in a deep frying pan with 1 oz. melted butter, mix with  $\frac{1}{2}$  pint Tomato sauce (p. 71) sprinkle with grated Parmesan cheese, and add a few cooked truffles, either halved or thickly sliced. Cook for 10 minutes, mixing all thoroughly and serve.

### NOUILLES OR NOODLES

This is the flat or "ribbon" macaroni. All the recipes given for macaroni and spaghetti are applicable to nouilles. It is usually bought ready-made, but is much better when home-made and perfectly fresh.

### NOUILLES

Put  $\frac{1}{2}$  lb. flour on a pastry board, making a well in the middle. Add  $\frac{1}{2}$  teaspoon salt and 1 tablespoon water. With the tips of the fingers, mix in the salt and the water. Then add 2 whole eggs and 2 yolks and mix with the liquid and gradually with the flour. Work well and roll out twice. Knead into a ball and cover, keeping it in a cool place for 3 to 4 hours. Divide the paste into 4 pieces—it is easier to cut out the nouilles in small quantities. Roll out the paste *as thinly as possible*—it should be as thin as tissue paper and transparent. During this process, sprinkle both the board and the paste lightly with flour. Now hang the paste on the back of a chair or on the edge of a table to dry, for about 20 to 30 minutes. To cut the nouilles, roll up each sheet of pastry as a sheet of paper is rolled, and with a sharp knife cut crosswise into  $\frac{1}{4}$ -inch strips. When done, take up each strip to unroll it. They can be cut wider or smaller, according to taste. Boil in the same way as macaroni or spaghetti (p. 528), but being fresh they will be cooked in 3 to 5 minutes.

## POLENTA

Polenta is yellow Italian maize flour and is among the most nourishing of farinaceous foods.

### BAKED POLENTA

Put  $\frac{1}{2}$  lb. boiled polenta (below) in an earthenware casserole, with 6 small cooked sausages,  $\frac{1}{4}$  lb. blanched and fried gammon, cut in cubes, and put in a moderate oven for 20 minutes.

### BOILED POLENTA

Put 1 pint, or just over, of water in a saucepan with a pinch of salt, bring to the boil and stir in  $\frac{1}{4}$  lb. polenta. Stir till the mixture thickens and simmer for 30 minutes, stirring frequently so that it is perfectly smooth. When nearly done, stir in 2 ozs. butter,  $\frac{1}{4}$  lb. grated Parmesan cheese and season with salt and pepper.

### FRIED POLENTA

Cook as in preceding recipe and, when done, put in a deep dish and let stand till quite cold and set. Divide into strips or rounds, or small squares and fry to a light golden colour in butter, turning, so that both sides will be done. This can be eaten as a separate course, with butter, or it can be served with meat, stews, etc.

### POLENTA WITH DRIED BEANS

The same as preceding recipe, but a handful of dried beans—such as haricot beans—previously cooked, are mixed with the polenta while it is being boiled.

### POLENTA WITH SMALL GAME BIRDS

Put the boiled polenta (above) on a hot dish and over it place small roasted game birds—such as snipe, quail, etc., and moisten with butter with which the birds were basted.

### POLENTA WITH GRAVY

Mix the boiled polenta with rich gravy—preferably the sauce from a stew—5 minutes before serving.

## PORRIDGE

Although oatmeal porridge is a popular breakfast dish in England, it is more especially identified with Scotland, and is one of the staple articles of diet in that country. There are various kinds or varieties of oatmeal, but the coarse is usually preferred, and Midlothian oats are considered the best. Allow just over 1 oz. of oatmeal to 1 breakfastcup of water, and 1 saltspoon salt. Bring the water to the boil, sprinkle in the oatmeal with the left

hand, and stir briskly with a wooden spoon in the right hand—the correct Scottish implement is a porridge stick. When the porridge is on the full boil and begins to thicken, cover the saucepan and simmer gently for 20 to 30 minutes, adding the salt after 10 minutes boiling. It should be stirred occasionally. When done, pour into porringers or soup plates, and serve with cold raw cream, milk or buttermilk. In Scotland, these are served in individual bowls, the spoonful of very hot porridge being dipped in the cream or milk. Sugar, treacle or honey are often added to porridge.

### RAVIOLI

The methods of making ravioli differ in various parts of Italy, and they are sometimes eaten plain and sometimes with a stuffing. They are often added to soups, or served as an entrée with Tomato sauce and grated cheese. Make a stiff dough with 1 lb. flour, 2 whole eggs and the yolk of 1, 2 tablespoons oil, a good pinch of salt, and as little water as possible. Work for 20 to 30 minutes and let stand for 30 minutes. Roll out thinly on a floured board and cut into rounds about  $2\frac{1}{2}$  to 3 inches in diameter, fold each round over, pinching and damping the edges so that the ravioli will not open while cooking. Put in boiling stock or water and simmer for 20 minutes. Put on a hot dish, cover with Tomato sauce (p. 71) and sprinkle with grated Parmesan cheese.

### RAVIOLI STUFFED WITH BEEF AND SPINACH

Make the ravioli as in preceding recipe, and on each round, place a teaspoon of the following mixture, fold over, press down the edges, etc., and boil in the same manner. Mix equal parts of finely chopped cooked beef and cooked spinach with 1 or 2 whole eggs to bind, salt, pepper, a little nutmeg and grated Parmesan cheese.

### RAVIOLI STUFFED WITH CHICKEN LIVERS

Cook  $\frac{1}{2}$  lb. chicken livers in butter, with 2 chopped shallots, a little chopped parsley and  $\frac{1}{2}$  clove chopped garlic. When done, chop the livers and pound them in a mortar. Then add the same quantity of cooked and chopped spinach, 2 filleted anchovies,  $3\frac{1}{2}$  ozs. butter, 3 eggs, and season with salt, pepper, a little nutmeg and a sprig of sweet basil. Rub all through a sieve and stuff the ravioli as in preceding recipe.

### RAVIOLI STUFFED WITH CHICKEN

Mix  $\frac{1}{2}$  lb. cooked minced chicken with a  $\frac{1}{4}$  lb. cooked brain, the same quantity of cooked and chopped sweetbreads, 3 ozs. cooked and chopped spinach, the same of blanched and chopped

borage leaves, sprig of sweet basil, 4 ozs. Parmesan cheese, and 2 or 3 eggs to bind. Season with salt and pepper and stuff the raviolis with the mixture.

### RICE

In all rice-growing countries we find that the method of boiling rice is much the same: a plentiful amount of water, well salted, water on the full boil, exact timing, and pouring cold water over the rice after it has been removed from the hot water and put on a sieve. The result is that the rice is soft and yet dry, each grain being detached from the others. Patna rice is best for this purpose. Wash the rice thoroughly in cold water so as to free it from all loose starch which tends to thicken in boiling and so clogs the rice. Salt should always be added to the boiling water, as otherwise the rice will be insipid and tasteless. Put 1 breakfastcup or rice in a large saucepan of boiling salted water, and from the minute the water is again on the full boil allow exactly 13 minutes. Then put the rice on a sieve, and either pour a large jug of cold water over it, or hold it under the cold water tap, let it drain well and toss lightly with a fork before serving to break up any lumps. If not to be used immediately, let the rice stand on the sieve till required, and to warm up put on a large dish in a moderate oven, turning frequently with a fork, so that the rice does not get too dry and hard.

### RICE WITH BUTTER

Cook the rice as in preceding recipe and, when drained, put on a hot napkin to dry. Put in a saucepan and rapidly mix, over a very slow fire, with  $2\frac{1}{2}$  ozs. butter to every  $\frac{1}{2}$  lb. rice, seasoning with salt and pepper. Put on a hot dish and serve at once, while still very hot.

### RICE CROQUETTES

Boil  $\frac{1}{2}$  lb. rice in  $1\frac{1}{2}$  pints milk till the rice has absorbed most of the milk. Add 2 ozs. butter and cook for 10 minutes more, seasoning with salt and pepper. Remove from the fire and stir in the yolks of 3 or 4 eggs and let the mixture stand till quite cold. Then shape into cork-shaped croquettes, sprinkle with flour, coat with yolk of egg and breadcrumbs and fry in deep fat. Serve on a folded napkin on a hot dish and garnish with fried parsley (p. 24).

### RICE WITH GRAVY

Prepare and boil the rice, as directed (above). When well drained, put in a saucepan with  $\frac{1}{2}$  pint Gravy (p. 62), or the sauce from braised meat (to every  $\frac{1}{2}$  lb. cooked rice) stir well and simmer for 25 to 30 minutes, till the rice has absorbed the gravy or sauce.

### RICE À LA PORTUGAISE

Cook the rice in the same manner as plain Italian risotto (below), and before moistening it with stock, add a few peeled and chopped tomatoes, and 2 or 3 pimientos, previously blanched or grilled, skinned and cut into small squares.

### RISOTTO

Put 3 or 4 ozs. butter in a deep frying pan and, when melted, add 1 lb. rice and cook for about 15 minutes, stirring constantly. Then add gradually  $1\frac{1}{2}$  pints hot beef or chicken stock, season with salt and pepper, and simmer till the rice has absorbed the stock. The rice should be moist, but not sodden. Just before serving, sprinkle liberally with parmesan cheese. This plain risotto can also be flavoured with saffron.

### RISOTTO À LA FLORENTINE

Proceed as in foregoing recipe, but adding chopped and cooked chicken giblets to the risotto.

### RISOTTO À LA MILANAISE

Melt 2 ozs. butter and 2 ozs. beef marrow in a deep frying pan, and, when hot, add 1 or 2 chopped onions and cook till lightly brown. Then add 1 lb. rice, stir well, cook for 15 minutes, add  $1\frac{1}{2}$  pints boiling beef or chicken stock, 4 tablespoons white wine, a good pinch of saffron, a seasoning of salt and pepper and mix thoroughly. Simmer gently for 25 to 30 minutes, stirring occasionally, and just before serving sprinkle with 4 ozs. grated Parmesan cheese, and 2 ozs. melted butter.

### RISOTTO WITH MUSHROOMS

The same as preceding recipe, but adding 6 ozs. sliced mushrooms when the onions are slightly browned, and cooking for 5 minutes before adding the rice.

### RISOTTO WITH QUAILS

Put the roasted quails on a hot dish, surround with plain risotto (above), and moisten with the butter with which the birds were basted.

### RISOTTO WITH SHELLFISH

Chop 1 small onion and fry to a light brown in a little butter. Add 1 lb. rice, cook for a few minutes, then add 2 pints fish stock made with the shells and claws of 2 or 3 dozen Dublin prawns or crayfish. Season with salt and pepper, stir well and simmer for 30 to 40 minutes, or till the rice has absorbed the stock. 10 minutes before serving, add the Dublin prawns or crayfish, previously shelled and dipped in flour and fried in deep fat (p. 87) to a light golden brown.

**RIZ À LA VALENCIENNES**

Brown lightly 2 ozs. chopped onions in butter and add  $\frac{1}{2}$  lb. rice and stir for a few minutes over a moderate fire. Then add  $1\frac{1}{2}$  pints white stock,  $2\frac{1}{2}$  ozs. uncooked ham, cut in strips, cover and cook in a moderate oven for 25 minutes. When cooked, stir with a fork, and add  $2\frac{1}{2}$  ozs. cooked chopped mushrooms, 2 small artichoke bottoms, cooked and chopped, 1 cooked pimiento, cut in small squares and finally  $1\frac{1}{2}$  ozs. melted butter. Riz à la Valenciennes is used as a garnish for chicken, pigeons, quails, etc. When served as a separate dish and not used as a garnish, a few cooked chipolata sausages are added to it.

**INDIAN KHICHRI (KEDGEREE)**

To every lb. rice, allow  $\frac{1}{4}$  lb. lentils. Mix the rice and lentils and soak in cold water for 1 hour. Drain off the water and put the rice and lentils in a saucepan with 2 or 3 slices of green ginger, a few cloves and peppercorns, 1 bayleaf and salt. Barely cover with boiling water, bring to the boil, cover the saucepan and simmer till the rice and lentils are tender and the water has evaporated.

**INDIAN KHICHRI, FRIED**

Melt 2 ozs. butter and fry 1 or 2 sliced onions to a light brown. Remove the onion from the pan and in the same butter in which the onion was fried, put  $\frac{1}{2}$  lb. rice and  $\frac{1}{4}$  lb. lentils, and cook till the butter has been absorbed. Then add 2 or 3 slices of green ginger, a few peppercorns and cloves, small stick of cinnamon, 1 or 2 bayleaves, and salt. Cover with boiling water, put the lid on the saucepan and simmer till the water has been completely absorbed. Stir occasionally with a wooden spoon and shake the pan, so that the kedgerree will not burn. Serve very hot, with the fried onions strewn over the whole.

**YELLOW TINTED KHICHRI**

The same as two preceding recipes, but the addition of either a little turmeric or saffron when the rice is being fried gives it a yellow tint and a distinctive flavour.

**JAMBALAYA**

Boil 1 breakfastcup of rice as directed (p. 534). Chop 1 large onion and 1 clove of garlic and fry to a light golden colour in butter. Add  $\frac{1}{2}$  lb. quartered tomatoes, and crush with the back of a wooden spoon to extract the juice. Then add the boiled rice, and  $\frac{1}{2}$  lb. fried sausages, cut in 1-inch lengths. Mix all thoroughly and season highly with salt, pepper, cayenne and a chopped chilli

pepper. Cover the pan with a dish and simmer for 50 to 60 minutes, stirring and mixing frequently.

### JAMBALAYA WITH CRAB

The same as preceding recipe, but with pieces of cooked crab instead of the sausages.

### JAMBALAYA WITH PRAWNS

The same as preceding recipes, but using shelled prawns instead of sausages or crab.

### PILAFF (A European Version)

Boil the rice (p. 534) and put in a deep frying pan with 1 tablespoon butter (for 1 breakfast cup of rice), season with salt, pepper, 1 teaspoon saffron, 1 of curry powder and add 2 or 3 blanched pimientos, cut in strips, 2 heaped tablespoons stoned raisins, and either pieces of cooked chicken or lobster. Stir well and cook over a slow fire for 20 minutes. Serve with a Curry sauce (p. 59) to which a little saffron has been added.

### PILAFF (Greek)

Lightly brown 1 breakfastcup of rice for 5 to 8 minutes in 1 tablespoon butter. Then add 1 pint boiling strong beef or mutton stock gradually, and simmer for 20 to 25 minutes. Add a few sliced tomatoes and season liberally with salt and pepper. The rice should be just moist, and each grain detached from the others.

### PILAFF (Turkish)

Wash 1 breakfastcup of rice in cold water and drain. Put the rice in a thick saucepan with 1 tablespoon butter, the pulp of 1 tomato, and season with salt. Stir for a few minutes, till the rice is slightly coloured. Then add 2 breakfastcups of water, season with more salt and cover the saucepan. Simmer for 15 to 20 minutes till the rice has absorbed all the water. Stir lightly with a wooden spoon and wipe the inside of the lid of the saucepan to remove all moisture. Let stand on a very slow fire till quite dry and flaky.

### RICE AND MUTTON PILAFF (Arabian)

The Arabs use unpolished rice. Soak the rice in salted water for 12 hours, drain and put in a saucepan and barely cover with boiling water. Simmer for 20 minutes or till the rice has completely absorbed the water and is dry and flaky. Pile the rice on a hot dish, and lay pieces of grilled mutton on the top. It is served with yolk of egg and butter on each plate.

### PULAO (Indian)

Put 2 ozs. butter in a saucepan and when hot fry 2 small sliced onions to a golden brown. Add  $\frac{1}{2}$  lb. rice, and cook till the rice has absorbed most of the butter, stirring frequently. Then add 2 tablespoons stoned raisins, 1 tablespoon blanched almonds, a few small pieces of cinnamon, a few cardamons, 1 or 2 bayleaves, salt and peppercorns. Barely cover with boiling water, then put the lid on the saucepan and simmer till the rice is tender. Remove the rice from the saucepan, put in the oven for a few minutes so that the moisture will evaporate and, 10 minutes before serving, sprinkle with a little saffron.

### PRAWN PULAO

Proceed as in the foregoing recipe, but using coconut water instead of stock. Coconut water is prepared as follows: Break the coconut and scrape out all the interior—in India a special kind of scraper is used for this. The nut should be in fine particles. Place these in a deep vessel, cover with boiling water and stand for about 15 minutes. Strain into a basin through a napkin, and repeat the process till sufficient water is obtained to cook the rice.

To serve, put the rice on a hot dish, strew with the fried onions, and garnish with the shelled prawns, or with shelled Dublin prawns, and slices of hard-boiled egg.

### SUET DUMPLINGS

Put 12 ozs. flour in a basin with 1 teaspoon baking powder, a good pinch of salt, and mix with 6 ozs. finely chopped suet. Add gradually sufficient cold water to make into a stiff paste. Shape into small dumplings and poach in stock or water for about 30 minutes.

### TAGLIATELLE

Put 1 lb. flour on a pastry board, make a well in the middle, add a good pinch of salt and dissolve with 1 tablespoon water. Then break in 4 whole eggs and the yolks of 1 or 2 more and gradually work with the flour to a stiff dough. Roll out very thinly and let stand for 1 hour to dry. Then cut into strips  $\frac{1}{2}$ -inch wide and cook in a large saucepan of boiling salted water for 4 or 5 minutes. Drain thoroughly and use as required. They can be served as an accompaniment to meat, poultry and game.

### TAGLIATELLE WITH ANCHOVIES

Make the tagliatelle as in preceding recipe and mix with a rich Tomato sauce (p. 71) to which 12 chopped fillets of anchovy have been added, and 1 or 2 cloves of pounded garlic.



## *Pastry, Savoury and Sweet*

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Success in the making of pastry depends much upon things which are difficult to teach, whether in writing or by actual demonstration. Lightness of touch, proper manipulation, etc., can only be taught up to a certain point, but the light-handedness of a good pastry cook is a gift, just as the delicacy of touch which characterizes some pianists is a gift which no master can teach. It is difficult to set down hard and fast rules in the making of pastry, as so much depends on factors over which the author of given recipes has no control—atmospheric conditions, the quality of the butter used, the quality of the flour, the heat of the oven, etc., etc. But anyone with a knowledge of and an instinct for pastry making will know exactly how to adjust recipes to conditions and ingredients, and will “feel” whether the pastry is as it should be or not.

### PUFF PASTRY

There are four important operations in the making of puff pastry:—

1. The mixing of the flour and water, which is worked into the paste in which the butter is eventually folded. This mixing should be done rapidly and lightly and with as little kneading as possible, as the pastry should have no elasticity at this stage. The mixing of  $\frac{1}{2}$  lb. flour with the water should not take longer than 5 minutes.
2. The buttering of the paste. Both the butter and paste should be of the same consistency. This is a most important point as otherwise they will not mix evenly. If the butter is firmer than the paste, it is apt to come through the paste when the paste is rolled, and if too soft it is apt to run out.
3. The rolling out of the paste, which must be done with the

utmost care and precision, as on this will depend the lightness and flakiness of the pastry.

4. The temperature of the oven, which should be very hot at first. Very good sifted flour should be used in the making of puff pastry, and good butter. Puff pastry should be worked and stood in a cool place, but it should not be put in an ice box or stood on ice, as the butter is apt to harden too much. Always cover the pastry with a cloth while it is waiting, as the air is apt to dry it.

### HOW TO MAKE PUFF PASTRY

1. Sift 1 lb. flour on the pastry board, make a well in the centre and in this put  $\frac{1}{2}$  oz. salt and a little water to dissolve the salt. Add altogether about  $\frac{1}{2}$  pint water and mix in the flour with the tips of the fingers, kneading as little as possible, and working rapidly to a soft paste. It is almost impossible to give the exact proportion of water to be used, as the different kinds of flour vary and some absorb water more readily than others. Roll the paste into a ball and let it stand for 20 to 25 minutes in a cool place, with a cloth over it.
2. The butter should be of the same consistency as the paste. Soften 1 lb. of butter, put it on one end of a wet cloth, fold the other ends of the cloth over it, and press firmly, repeating the process till the butter is of the right consistency. Put the pastry on a perfectly clean and lightly floured board or marble, and flatten it very evenly with the palm of the hand into a flat round or square, 1 inch in thickness. Flatten the butter to about the same thickness and give it the same shape as the pastry, but slightly smaller. Place it over the paste, and draw the edges of the paste towards the centre, so that the butter is completely covered—it should have the appearance of a square envelope. Let stand for 10 minutes in a cool place.
3. Now put the pastry on the board, which should be slightly floured, and roll out lightly in forward rolls, lifting the rolling pin between the rolls. Paste should never be rolled backwards and forwards, and puff pastry should never be rolled off the edges as this may force out some of the air. Roll lightly and very evenly to an 18-inch long band, 8 inches in width, and about 1 inch thick. Now fold the band exactly in three, and press lightly with the rolling pin, so that the three folds are well pressed together. This is the first "turn" of the paste. The paste is then turned

so that the folded edges are on the right and left. Roll out and fold once more in the same manner, thus giving the second "turn." Cover and let stand in a cool place for 10 minutes.

Repeat the operation in the same manner, giving another two "turns," and again let the paste stand for 10 minutes.

Finally, give it two more "turns," let it again stand for 10 minutes, when it is ready to be used.

Any trimmings which are left over from puff pastry should be kneaded into a ball and put in a cool place for 1 hour or longer, and can be used for making tartlets, etc.

### ROUGH CRUST OR HALF-PUFF

Proceed exactly as in the making of puff pastry (p. 539), but using half the quantity of butter, and only giving the paste four "turns."

### SHORT CRUST

Put 1 lb. sifted flour on the pastry board, make a well in the centre, put in a good pinch of salt, dissolve with a little water, and  $\frac{1}{2}$  lb. butter, softened as in recipe for puff pastry. Rub the butter lightly into the flour, adding sufficient water to make into a smooth paste, and knead twice. Roll into a ball, cover and let stand for a few hours. Kneaded pastes allowed to stand for a few hours are lighter and much easier to work, having lost their elasticity.

### SHORT CRUST WITH BUTTER AND LARD

The same as in preceding recipe, but using equal parts of butter and lard.

### SHORT CRUST WITH YOLK OF EGG

The same as in preceding recipe, but adding the yolks of 2 eggs, and 1 teaspoon baking powder.

### PASTRY FOR TARTS AND TARLETS

Sift 1 lb. flour on the pastry board, make a well in the centre and put in 10 ozs. butter, worked with 1 egg, a pinch of salt,  $1\frac{1}{2}$  ozs. sugar and 1 gill cold water. Rub into the flour lightly, knead twice, and let stand in a cool place before using.

### SHORT CRUST WITH LARD

Work in the same manner as in other recipes for short crust, but using 4 ozs. lard to 1 lb. flour, 1 whole egg and 1 gill tepid water.

**PASTE FOR RAISED PIES (with lard)**

Put 1 lb. flour in a warm basin with  $\frac{1}{2}$  teaspoon salt. Boil 6 ozs. lard with  $\frac{1}{4}$  pint water for 5 minutes, and pour into the centre of the flour, mixing with a spoon until cool enough to knead with the hands. Knead well and let stand by the fire for about 1 hour, and knead again. The paste must be kept warm or the process of moulding will be difficult, but it must not be too soft or pliable or it will not retain its shape, or be able to support its own weight.

**PASTE FOR RAISED PIES (with butter)**

Put 1 lb. flour on the pastry board and make a well in the centre. Dissolve 4 ozs. butter in  $\frac{1}{2}$  pint water over a slow fire, put this in the hollow with a little salt, and mix into a smooth and firm paste. Work with both hands and use as required.

**PASTE FOR RAISED PIES (with cold water)**

The same as preceding recipe, but without dissolving the butter and using cold water.

**SUET PASTE OR CRUST**

See Suet Dumplings (p. 538).

**VOL-AU-VENT CRUST**

This is made with puff pastry (p. 539). Roll the pastry into a round of about 10 inches in diameter and just under 1 inch in thickness. Lay over it an inverted plate or a round baking sheet of the same size as the baking sheet on which the vol-au-vent is to be cooked. With a small sharp knife, cut the paste, following around the edges of the plate, but cutting obliquely. Set the paste on a slightly moistened round baking tin—a thick one should be used—notch the edges, brush over lightly with beaten yolk of egg, and stamp out, without cutting through the paste, a 5-inch round in the centre of the vol-au-vent, to form the cover. Make a light criss-cross pattern with the point of a knife on the whole vol-au-vent, and put in a very hot oven. After 10 minutes, cover with a sheet of paper to avoid excessive browning. Bake for about 30 minutes. When done, detach the lid carefully with the point of a small knife, and hurriedly remove the soft, partially cooked paste from the inside of the vol-au-vent. Remove the vol-au-vent from the baking tin and put in the oven, with the lid, for 3 or 4 minutes, for the moisture from the inside to evaporate.

**PASTRY FOR SMALL PÂTÉS**

Proceed as in the making of vol-au-vent, but lining small pâté tins with puff pastry. The lid need not be stamped out.

### BRIOCHE PASTE

*Ingredients:*  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  oz. yeast, 2 or 3 eggs,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  teaspoon sugar and a little less of salt.

*Method:* Put rather less than half the flour on the pastry board, make a well in the centre and put in the yeast. Work the latter with a little lukewarm water. Add a few tablespoons of water to the flour and work very lightly with the tips of the fingers the yeast and flour to a soft paste. Knead this into the shape of a ball and make on the top a double incision like a cross. Put it into a basin in a warm place and let it rise to double its size.

Put the rest of the flour on the board, make a well in the centre and put in the sugar and salt dissolved in a teaspoon of water, the butter, very soft or just melted, and the eggs. Mix all until it is a solid mass. Now work very vigorously and thoroughly so that there may be no lumps in the paste.

By this time, the flour and yeast dough will have probably risen sufficiently. Spread this dough on top of the other and knead together thoroughly. Put the whole into a terrine or basin, cover and keep in a cool place for 12 hours. It is usual to make this paste in the evening so that it can be used next morning. The paste, when finished, should be elastic to the touch and appear to be full of small air-bubbles. It can be made still lighter by the use of more butter in the recipe.

Brioche can be baked in various shapes in moulds in a fairly hot oven.

### BRIOCHE MOUSSELINE PASTE (alternative method)

For a brioche weighing about 1 lb. take  $\frac{1}{2}$  lb. flour, 6 ozs. butter,  $\frac{1}{2}$  oz. yeast, good pinch of salt,  $\frac{1}{2}$  oz. sugar, 3 eggs, 3 tablespoons lukewarm water.

The success in making a brioche depends much on the quickness in working it and, therefore, everything should be got ready beforehand. The method of working may be briefly summed up as follows:—

Put the flour on a pastry board and make a well in the centre; in this put the warm water and the yeast and mix both. Add the butter, eggs, sugar, salt and rapidly mix together; put the paste in a wooden bowl or a terrine; let stand till double the size; detach the paste from the bowl, slipping the hands under it, but without turning it; let the paste rise once more. Put the paste in a deep mould and let rise a third time. Brush over with beaten yolk of egg, mark a cross on the top and bake in a moderate oven.

Here is the method in detail:—

Put the flour on a pastry board, make a well in the centre and put the yeast in. Have the sugar and salt ready to hand on a

plate. Break the eggs in a basin. Have ready the water, barely warm—if the water is too hot it spoils the yeast.

Now add the water to the yeast and, with the tips of the fingers (using the right hand only), dissolve the yeast in the water, but without touching the flour. Add the butter, previously softened by wringing in a cloth (Puff Pastry, p. 539), then the eggs, the salt and sugar. Then, little by little, work in the flour, still with the tips of the fingers and using the right hand only in a circular movement and drawing in the flour towards the centre very evenly. This operation should not take more than 2 or 3 minutes. The paste is now a shapeless mass, rough and with detached bits. Scrape any bits of paste from the board or from the fingers, and drop them on the paste. Sprinkle the board with flour and shape the paste into a ball, but *without kneading it* and handling as lightly as possible. Do not mind if the paste is rough and uneven. This will disappear when it has risen. Lift the paste with both hands and put it in an unfloured wooden bowl or a large basin. Cover with a thick cloth or a piece of blanket and keep in a warm place, but away from any draught. Brioche paste is easily spoilt by any extremes of temperature; cold weather retards the action of the yeast, and in hot weather the butter is apt to separate from the flour.

Let the paste stand till it has risen to twice its original size, which will be in about 4 hours. It should now appear quite smooth and light. Now detach the paste from the bowl or basin, by slipping the hands under it, but without turning it. It will then collapse to its original size and the surface will appear wrinkled. Again cover the paste, and let stand till it has risen once more to double its volume. This will take about 2 to 3 hours.

Line the bottom and sides of a deep plain mould with buttered paper, the paper being 3 or 4 inches higher than the mould. Put the paste on a clean floured cloth, and flatten lightly by tapping it. Shape into a ball, in the same manner, but *without ever kneading it*. This should not take more than 2 or 3 minutes. Now lift the paste into the mould, and shake the mould lightly, so that the paste will be equally distributed. Let stand again for 2 hours or longer. The more the paste has risen, the lighter the brioche will be.

Have the oven quite hot—test it by putting in a piece of paper which after 5 minutes should be lightly browned. Now brush the top of the brioche very lightly with a beaten egg, being careful to do this lightly and not to put on too much egg, as the brioche will collapse. Dip a pair of scissors in warm water, and make 2 deep incisions on the top of the brioche, in the shape of a cross. This should be done very rapidly, the object being to allow the



ABOVE: *Sherry trifle and mixed fruit salads*

BELOW: *A selection of fancy creams and jellies*



ABOVE: *Pancakes garnished with slices of lemon*

BELOW: *Steamed fruit pudding, served with hot custard*



heat to penetrate the paste from the top. Put in the oven at once, standing the mould on a baking sheet. After 5 minutes open the oven door carefully and, if the paste has coloured slightly, regulate the heat. Should the brioche brown too quickly, cover with a damp paper. Bake for 40 minutes altogether and test with a skewer. If the brioche is baked longer, it becomes dry. When done, remove from the mould at once and put on a wire tray.

### “CHOU” PASTE

Put  $\frac{1}{2}$  pint cold water in a saucepan with  $3\frac{1}{2}$  ozs. butter, divided in small pieces, 1 teaspoon sugar and 2 saltspoons salt. Bring to the boil on a quick fire and, as soon as the mixture begins to bubble, remove from the fire and stir in a  $\frac{1}{4}$  lb. flour, working vigorously with a wooden spoon till the paste is perfectly smooth. Replace the saucepan on the fire and turn the paste with the spoon till it begins to dry and no longer clings to the bottom of the saucepan. It is easy to remedy if too dry, by adding an extra egg, but if too moist it is impossible to remedy. Remove the saucepan from the fire and stir in 4 medium-sized eggs, one at a time, being sure that each egg is well absorbed in the mixture before adding the next. The paste should be well stirred and beaten in order to ensure lightness. It will be of the right consistency when sufficiently stiff to retain its shape when dropped from a spoon, and yet sufficiently soft to slide from the spoon like a ribbon. Use as required.

## *Cold Sweets*

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### Sauces and Garnishes for Sweets

#### APRICOT SAUCE

Rub a few peeled and stoned ripe apricots through a sieve and thin the purée with a light syrup, made with sugar and water. Put in a saucepan, bring to the boil and skim carefully. Stir till the mixture begins to thicken and clings to the spoon. Remove

from the fire. The sauce is then ready for use. It can be flavoured with a little Madeira, Kirsch or Maraschino.

### BRANDY BUTTER OR SENIOR WRANGLER SAUCE

Divide  $\frac{1}{4}$  lb. butter into small pieces, work in 2 ozs. castor sugar, 4 bitter and 6 sweet almonds, previously blanched, skimmed and pounded in a mortar, and add brandy to taste. Beat thoroughly altogether with a wooden spoon and pile up on a glass dish. Keep in a cold place till required.

### CARAMEL SAUCE

Put 1 oz. lump sugar in a saucepan and cook till it begins to turn a deep amber colour (p. 550). Stir and add  $\frac{1}{2}$  pint boiling thin syrup (p. 549) and stir for a few minutes longer. This can be used either hot or cold.

### CHERRY SAUCE

Cook the cherries as for compôtes (p. 672), add an equal quantity of gooseberry jelly (p. 679), and flavour with a little Kirsch.

### CHESTNUT PURÉE (Sweet)

Put the shelled chestnuts in a saucepan and cover with water, adding  $\frac{1}{2}$  oz. sugar to every lb. of chestnuts. When tender, rub through a sieve, put in a saucepan and stir over a slow fire to let the moisture evaporate. Thin with a little butter and milk or cream and add sugar to taste. The purée should be quite thin and light.

### CHOCOLATE SAUCE

Dissolve  $\frac{1}{2}$  lb. chocolate with just under  $\frac{1}{2}$  pint of water and stir over a slow fire till entirely free from lumps and perfectly smooth. This can be used either hot or cold.

### CHOCOLATE SAUCE (2)

The same as preceding recipe but, just before removing from the fire, stir in 3 tablespoons cream and a piece of butter the size of a nut.

### CRÈME CHANTILLY OR WHIPPED CREAM

For Whipped Cream, see section on Useful Things to Know (p. 29). Add castor sugar to taste, the usual proportion being  $\frac{1}{4}$  lb. sugar to every quart of cream. Keep in a cool place till required.

### CRÈME FRANGIPANE

Put  $\frac{1}{4}$  lb. flour and the same of sugar in a saucepan with 2 whole eggs and the yolks of 4 eggs and a pinch of salt. Work all thoroughly together and add gradually  $\frac{3}{4}$  pints of boiling milk, flavoured

with a small piece of vanilla pod, or with a few drops of vanilla essence. Stir the mixture over a slow fire, let boil for 2 or 3 minutes and pour in a basin. Then add 1 oz. pounded macaroons and 2 ozs. butter, divided in small pieces.

### CRÈME PATISSIÈRE

Put  $2\frac{1}{2}$  ozs. flour and  $\frac{1}{2}$  lb. sugar in a saucepan with the yolks of 5 or 6 eggs, and a pinch of salt. Work all thoroughly and add gradually  $\frac{1}{2}$  pint boiling milk flavoured with vanilla. Stir the mixture over a slow fire and let it boil for 2 or 3 minutes. Pour into a basin.

### CUSTARD OR CRÈME ANGLAISE

Put the yolks of 4 eggs in a saucepan and beat to a cream with  $\frac{1}{2}$  lb. sugar and add gradually  $\frac{1}{2}$  pint boiling milk, flavoured to taste with vanilla, lemon, etc. Stir over a slow fire till the mixture begins to thicken and coats the spoon. Do not allow to boil, or the custard will curdle. Strain through a sieve and use as required. If to be used cold, keep on stirring till the custard is cold.

A small amount of gelatine is sometimes added to the custard when it is to be used cold.

### FRUIT SAUCES OR PURÉES

Fruit for sauces are prepared in the same manner as jams (p. 674) but are not allowed to become so thick. They are then rubbed through a sieve and thinned with a little butter and some kind of wine or liqueur—Madeira, maraschino, kirsch, etc.

### JAM SAUCE

Melt the quantity of jam required and thin with either a light syrup made with lump sugar and water, or with some kind of wine or liqueur.

### MARMALADE SAUCE

Rub the required amount of marmalade through a sieve, and add  $\frac{1}{2}$  Apricot sauce (p. 546). Flavour with curaçoa (optional).

### MERINGUE (Garnish)

Beat the whites of 4 eggs to a stiff froth (p. 23 for Beating Whites of Egg), and add 6 ozs. castor sugar, mixing very lightly.

### MERINGUE ITALIENNE (Garnish)

Mix the whites of 4 eggs with  $\frac{1}{2}$  lb. castor sugar and whip, over a *very* slow fire till the meringue is sufficiently stiff to cling to the whisk.

**PRALIN (Caramel and Almonds)**

Cook 1 lb. castor sugar to a deep amber colour (see Caramel in *Cooking of Sugar*, p. 550), and stir in the same quantity of blanched almonds, lightly browned in the oven. Pour the mixture on an oiled marble, or in a buttered dish, and let stand till cold. Pound in a mortar, rub through a sieve, and, if not to be used at once, put in an air-tight tin. It will keep for some time.

**PRALIN À LA GLACE ROYALE**

Beat the whites of 2 eggs with 3 tablespoons icing sugar till the mixture is sufficiently stiff to drop slowly from the spoon. Add a fair proportion of finely chopped almonds, blanched and dried in the oven, and use as required for cakes and various sweets.

**WINE SAUCE**

See Jam sauce (p. 548). Thin with 3 or 4 tablespoons of whatever wine is being used.

**THE COOKING OR BOILING OF SUGAR**

The use of a saccharometer greatly simplifies the boiling of sugar, but when this instrument is not available, the various degrees can be gauged approximately by simple tests. Use either castor sugar or very white sugar crystals. Put the sugar in a saucepan with only sufficient water to dissolve it—about 6 tablespoons to every lb. sugar. Set over a slow fire and stir occasionally till the sugar is dissolved. Then put on a quick fire. Do not cover the pan and do not touch the sugar till it boils. Then remove all scum carefully, wiping the inside of the pan free from scum with a damp cloth. When the water has evaporated, the actual cooking of the sugar to its various degrees begins.

(1) **THE SMALL THREAD** 215° F.—Dip the forefinger and thumb into cold water and rapidly dip in the sugar. If, on immediately separating the fingers, the syrup is drawn to a fine thread which breaks at a short distance, the sugar has reached the degree of Small Thread.

(2) **LARGE THREAD** 220° F.—Apply the same test after a few minutes further boiling. If the thread can be drawn out longer without breaking, the sugar is boiled to a Large Thread.

(3) **THE PEARL** 222° F.—Boil for 1 or 2 minutes longer. Apply the same test. If the sugar can be drawn still further without breaking, it has reached the Pearl Degree.

(4) **SMALL BLOW** 230° F.—Boil a little longer. Dip a skimmer into the sugar, drain over the pan, and blow through the holes. If small bubbles appear on the other side of the skimmer, the sugar has reached the Small Blow.

(5) **LARGE BLOW OR FEATHER** 233° F.—Boil a little longer. Repeat the preceding test. There should be more bubbles, and

they should fly off like small feathers when the skimmer is shaken.

(6) **SMALL BALL** 236° F.—It reaches this stage when the sugar can be rolled into a small soft ball when rolled between the thumb and forefinger.

(7) **LARGE BALL** 248° F.—The ball is firmer, when the same test is applied. The sugar at this stage is elastic and can be stretched and is sticky.

(8) **SMALL CRACK** 285° F.—Boil for a minute longer, or less. Dip the forefinger in cold water, then in the sugar, and again in cold water. The sugar drops off and is beginning to be brittle.

(9) **LARGE CRACK** 315° F.—Boil a little longer. Repeat the test. The sugar should now be quite brittle.

(10) **CARAMEL** 360° F.—The sugar now begins to colour, and has to be carefully watched so that it does not burn. When it has reached a deep amber or brown colour remove from the fire.

*For a thin syrup, melt  $\frac{1}{2}$  lb. sugar in 1 pint of water.*

### TO CLARIFY SUGAR

Dissolve 3 lbs. sugar in  $\frac{1}{2}$  pint or less of water, but do not allow it to get hot. Beat the whites of 2 eggs—but not to a froth—in another saucepan and pour the dissolved sugar over them. Bring to the boil and boil for 5 minutes. Remove the scum and, when the sugar begins to boil again, add 1 or 2 tablespoons cold water. Repeat this twice. Skim again till the syrup is quite clear and strain through a cloth or jelly-bag.

### Cold Sweets

#### AMBROSIA

Slice a few peeled oranges into thin slices and put in a glass dish with alternate slices of pineapple. Sprinkle with sugar and add a glass of Madeira or Marsala, or whatever wine or liqueur is preferred. Stand in a cold place for 1 hour or longer.

#### APPLES IN ASPIC

Dissolve 1 lb. sugar in 6 tablespoons water, adding 1 teaspoon lemon juice. As soon as the syrup comes to the boil, put in 2  $\frac{1}{2}$  lbs. sliced apples and boil for 20 minutes, turning the apples occasionally, but being careful not to break the slices, which should be whole. 3 or 4 minutes before removing the saucepan from the fire, add about 2 ozs. candied fruit or mixed candied peel, finely chopped. Line a charlotte mould with a thin coating of chopped candied fruit, cover with a thin layer of marmalade and add the apples with the syrup. Stand in a cold place till set. To remove from the mould, carefully slip the blade of a knife between the sides of the mould and the Apple Aspic, and turn out on a dish.

## APPLE FOOL

See Gooseberry Fool (p. 559).

## • APRICOTS À LA PARISIENNE

Halve and stone the apricots. Poach till tender, but without breaking, in a light syrup, flavoured with vanilla. Remove from the syrup and, when cold, fill each half apricot with vanilla ice, then replace the 2 halves together. Place on large inverted macaroons, cover with a little Chantilly cream (p. 547) flavoured with vanilla and sprinkle with Pralin (p. 549).

## BANANA SALAD

Peel and slice the bananas in thin rounds. Put in a glass dish, sprinkle with sugar and moisten with kirsch.

## BAVAROIS OR MOSCOVITES

There are two kinds of Bavarois or Moscovite—those made with custard and cream and those made with fruit pulp and cream. They are moulded in a Turk's head mould, well oiled.

## BAVAROIS AU CAFÉ

Make a custard or Crème anglaise (p. 548), dissolving  $\frac{1}{2}$  oz. gelatine in the milk (or a little more in hot weather) and flavouring the milk with 2 or 3 tablespoons strong coffee, according to taste. When lukewarm, add an equal amount of Chantilly or Whipped Cream (p. 547) to which sugar has been added. Beat lightly together, put the mixture in a Turk's head mould with a large spoon and stand in a cold place or on ice till set. On ice, the bavarois will set in about  $1\frac{1}{2}$  hours. If stood in a cold place, it may take from 5 to 6 hours. Turn out carefully on a folded napkin or on a glass dish.

## BAVAROIS AU CHOCOLAT

The same as preceding recipe, but with chocolate. Dissolve  $3\frac{1}{2}$  ozs. chocolate in 2 or 3 tablespoons water and, when dissolved and quite smooth, stir it into the boiling milk with which the custard is to be made.

## BAVAROIS À LA VANILLE

The same as preceding recipes, but flavouring the milk with either a small piece of chopped vanilla pod or with vanilla essence.

## BAVAROIS AUX FRUITS

The proportions for fruit bavarois are  $\frac{1}{2}$  pint fruit purée, mixed with  $\frac{1}{2}$  pint light syrup, the juice of 3 lemons, 1 oz. dissolved

gelatine, strained through a cloth, and  $\frac{1}{2}$  pint whipped cream. These can be garnished with the whole fruits or with slices. Such fruit as strawberries, blackberries, raspberries, gooseberries, etc., are not cooked—they are merely rubbed through a sieve. But pears, apricots, peaches, etc., are lightly cooked in a little syrup, before being rubbed through a sieve. The whipped cream is added to the fruit purée, which has been mixed with the syrup. Put in a mould, etc., as in previous recipes.

### BLANC-MANGE (French)

Blanch 1 lb. almonds and 4 bitter ones, skin them and put in a basin of cold water, so as to keep them very white. Pound in a mortar, adding gradually just under  $\frac{1}{2}$  pint of water. Now put the pounded almonds in a cloth, twist the ends of the cloth so as to extract the liquid or milk from the almonds. Dissolve 6 ozs. lump sugar in the almond milk, and add 1 oz. dissolved gelatine. Strain through a cloth and pour in an oiled Turk's head mould and stand in a cold place or on ice till set. Another method is to pound the almonds in a mortar with only 2 tablespoons water and the same quantity of thin cream.

This is the foundation of French Blanc-mange, which can be flavoured with vanilla, etc., according to taste.

### BLANC-MANGE (English, 2 Methods)

*Ingredients:*  $1\frac{1}{2}$  pints milk,  $\frac{1}{2}$  pint cream, 2 to 3 ozs. sugar,  $1\frac{1}{2}$  ozs. gelatine, 8 bitter almonds, the rind of  $\frac{1}{2}$  lemon, 1 wineglass brandy.

*Method:* Infuse the lemon rind in the milk for 1 hour, with the almonds, previously blanched, skinned and bruised. Strain, and add the sugar and gelatine. Stir over a very slow fire till the gelatine has completely dissolved. Remove any scum that rises, remove the pan from the fire and put the mixture in a basin. Add the cream and stir till cold, so that the cream will not settle on the surface. Add the brandy and put into a mould till set.

A more current method nowadays is to make blanc-mange as follows:

Make a smooth paste with 4 tablespoons of either arrowroot or cornflour. Put  $1\frac{1}{2}$  pints of milk in a saucepan, bring to the boil, add a little lemon rind, vanilla or other flavouring, 1 oz. gelatine, and simmer very gently for 15 minutes. Strain the milk over the arrowroot or cornflour, add sugar, and stir the mixture over a slow fire for 5 to 10 minutes. Pour into a mould, previously rinsed with cold water, and keep in a cool place till set.



## BRANDY SNAPS ("Jumbles")

Put 2 ozs. butter, 2 ozs. golden syrup, 2 ozs. Demerara sugar in a saucepan, warm and mix. Stir in 2 ozs. flour mixed with  $\frac{1}{2}$  teaspoon ginger. Add  $\frac{1}{2}$  teaspoon lemon juice. Put about a teaspoon of the mixture at a time on to a greased baking tin to form rounds or strips, and bake in a moderate oven for about 15 minutes until brown and perforated. Take out of the oven and roll them quickly or curl them round a knife handle or shape round a spigot to form cones. When cold, they are sometimes filled with whipped cream or Crème Pâtissière (pp. 547, 548).

## "BURNT CHESTNUTS"

The chestnuts are either grilled or baked, then peeled and put on a hot silver dish. Freely sprinkle with sugar, pour hot rum over them and set alight.

## CHANTILLY CREAM

See p. 547.

## CHANTILLY CREAM WITH FRUIT

Any fruit—such as peaches, apricots, nectarines, pears, etc.—can be garnished with Chantilly Cream (p. 547). The fruit is poached in a light syrup and, when cold, covered with the cream.

## CHARLOTTE, APPLE

Line a well-buttered charlotte mould with round or heart-shaped croûtons of bread lightly fried in butter, about  $\frac{3}{4}$ -inch in diameter. Line the sides of the mould, arranging the croûtons so that they overlap each other. Quarter and peel 12 medium-sized apples and chop them finely. Put in a saucepan with 1 oz. butter, 2 tablespoons sugar, a few strips of lemon peel, and a little nutmeg. Simmer for  $1\frac{1}{2}$  to 2 hours, or till the apples are reduced to a pulp. Add 3 tablespoons apricot jam, and fill the mould with the mixture. Cover with a round piece of bread dipped in melted butter, and bake in a moderate oven for 30 minutes. When done, remove carefully from the mould and let stand till cold. Serve with Apricot sauce (p. 546).

## BANANA CHARLOTTE

The same as in preceding recipe, but using banana pulp. Rub the bananas through a sieve, mix with a little cream, sweeten to taste and fill the prepared charlotte mould. Or the mould may be lined with halved sponge fingers, and filled with the banana mixture, to which 1 oz. dissolved gelatine has been added. This charlotte is not cooked. Stand in a cold place till set, and carefully turn out of the mould.

## CHARLOTTE CHANTILLY

Line the bottom and sides of a charlotte mould with halved sponge fingers, cover with apricot jam, and fill with Chantilly or whipped cream (p. 547) flavoured with vanilla and sugar.

## CHARLOTTE RUSSE

Line a charlotte mould with either halved sponge fingers or sponge fingers cut in fancy shapes. Fill with Vanilla Bavarois (p. 551) or with any of the Bavarois mixtures, to which  $\frac{1}{2}$  oz. (or 1 oz. in hot weather) of gelatine have been added. Stand in a cold place till set.

## CHERRIES IN CLARET

Remove the stalks from the cherries, put in an earthenware casserole, and cover with sweetened claret—about 2 tablespoons sugar to  $\frac{1}{2}$  pint of claret. Simmer over a very slow fire for 10 to 12 minutes. Let stand till quite cold. Remove the cherries from the casserole, and reduce the claret by  $\frac{1}{2}$  over a brisk fire, adding 1 tablespoon gooseberry jelly or jam to every 6 tablespoons claret. Pour over the cherries and let stand till cold.

## CHESTNUTS À L'ITALIENNE

Bake 3 lbs. chestnuts and peel them. Rub through a sieve and put in a saucepan with  $\frac{3}{4}$  lbs. castor sugar, 3 ozs. chocolate, broken in small pieces, 1 teaspoon vanilla essence and  $\frac{3}{4}$  pints of milk. Simmer gently for 3 to 4 hours, till the mixture is quite soft. Rub through a coarse sieve and mix thoroughly. Sprinkle grated chocolate in a buttered plain mould, pour in the mixture and put on ice or in a cold place for several hours, till set. Turn out and sprinkle with more grated chocolate.

## CHOCOLATE MAYONNAISE

Dissolve 3 ozs. chocolate in 2 or 3 tablespoons water and stir to a smooth paste. Remove from the fire and when nearly cold add gradually the yolks of 3 eggs, well beaten. Then add the whites of egg beaten to a stiff froth with  $1\frac{1}{2}$  ozs. sugar. Mix thoroughly and serve on a glass dish.

## COFFEE ICE SOUFFLÉ

Add 1 teacup of very strong cold coffee to 1 pint sweetened Chantilly or whipped cream (p. 547), put in a plain mould and freeze in a pail with ice and freezing salt. When set, but not frozen hard, turn out of the mould and sprinkle freely with Pralin (p. 548).

## CRÈME ANGLAISE OR CUSTARD

See p. 548.

## CRÈME FRANGIPANE

See p. 547.

## CRÈME MOULÉE AU CARAMEL

Coat a plain mould with somewhat thick caramel (p. 550) and fill with Crème Anglaise or custard (p. 548) flavoured with vanilla. Cover the mould, and stand in a saucepan of boiling water and simmer very gently in the oven for about 25 to 30 minutes till the custard has set. Remove from the oven and, when quite cold, turn out carefully on a dish on a folded napkin.

## CRÈME PATISSIÈRE

See p. 548.

## CRÈME PERUVIENNE

Make a Crème anglaise or custard (p. 548) flavouring the milk with 2 tablespoons strong coffee, 2 tablespoons chocolate, previously dissolved in a little milk, and 2 tablespoons light caramel. Proceed as in recipe for custard, and cook in a mould in the oven as in recipe for Crème moulée au caramel (above). Or the cream may be baked in small individual china dishes, in which case the cream is set in about 10 to 12 minutes. Serve very cold.

## CRÈME EN PETITS POTS

This consists of Crème anglaise or custard (p. 548) baked and served in small deep china dishes. Various flavourings can be used.

## CRÈME RENVERSEE OU MOULÉE

The same as Crème moulée au Caramel (above), but without the caramel.

## CROÛTE JOINVILLE

Sprinkle slices of Savarin (p. 617) with a light syrup flavoured with kirsch. Place on a dish alternately with slices of pineapple sprinkled with kirsch. Garnish the centre of the dish with Chantilly or whipped cream (p. 547), sprinkled with grated chocolate. Surround with Apricot sauce flavoured with kirsch (p. 546).

## CROÛTE NORMANDE À LA CHANTILLY

Place sliced Savarin (p. 617), or other sliced cake around a dish, sprinkle with thin syrup, flavoured with 1 or 2 tablespoons apple pulp, cooked as for Apple Charlotte (p. 571), and in the centre put the same apple pulp. Cover with Chantilly or whipped cream (p. 547).

## CUSTARD (English, 3 recipes)

For many centuries custard has enjoyed great popularity in England, although the custard of our forefathers was unlike that of the modern housewife, who usually makes it from a synthetic "custard powder," and rarely uses eggs.

In a sixteenth-century cookery book we find a quaint recipe for a custard:

"To make a Custarde. A Custarde the' coffyn must be fyrste hardened in the oven, and then take a quart of creame and fyve or syxe yolks of egges, and beate them well together, and put them into the creame, and put in Suger and small Raysyns and Dates sliced, and put into the coffyn butter or els marrowe, but on the fyshe daies put in butter."

Custards in those days seem to have been served in a crust or mould of paste for a pie—a raised crust of pie, which was called a "coffyn."

In the days of Queen Elizabeth one of the favourite jokes was "The Almaine Leap into a Custard":

"A vast dish, broad and deep, was filled with custard and placed on the table and, while the company was busily employed in despatching their meal, a Zany, or Jester, suddenly entered the room and, springing over the heads of the astounded guests, plunged himself into the quivering custard, to the unspeakable amusement of those who were far enough away from the tumbler not to be bespattered by this active gambol."

This joke was, in those days, a popular one at the Lord Mayor's Feast.

The modern custard in England, however, is neither served in a "coffyn" nor in a sufficiently large dish for even the smallest of jesters or fools to leap into. It is quite prosaic, and of almost daily occurrence on the English table.

The ordinary boiled custard, which is so often served with fruit, puddings, etc. is made as follows: Put  $\frac{1}{2}$  pint of milk in a saucepan with 1 to  $1\frac{1}{2}$  ozs. of sugar and whatever flavouring is preferred—lemon rind, vanilla, bayleaf—stir till the milk is warm and the sugar dissolved. Mix 3 yolks of eggs in a basin, strain the warm milk over them, pour back into a saucepan and stir, without allowing the mixture to boil, till it is of the required thickness. It can also be made in a double saucepan. Use as required. The same mixture can be used for baked custard and simply poured into a buttered pie-dish and baked in a very moderate oven for about 30 minutes till set.

## DEVONSHIRE CLOTTED CREAM

The milk is left to stand for about 24 hours in winter and half the time in summer, the pan being then put over very

slow heat and remaining there till the milk is very hot—but on no account should it boil. The time required depends on various factors—the size of pan, etc.—but the more slowly the process is carried out the better. When small rings and undulations appear on the surface of the milk, it is sufficiently scalded. The pan should be kept in a cool place till the following day, when the cream is skimmed off and put in tins or pots.

### FAIRY BUTTER

Beat the yolks of 6 hard-boiled eggs to a cream with  $\frac{1}{4}$  lb. of sugar and  $\frac{1}{4}$  lb. of butter. Add 2 tablespoons brandy. Line a dish with ratafias and macaroons, previously soaked in white wine, sherry and brandy, and pile the fairy butter over them. For special occasions, the top may be ornamented with ratafias and split almonds, previously blanched and skinned. This sweet should be served quite cold.

### FIG MOULD

Chop 1 lb. figs and put in a saucepan with 6 ozs. of sugar, 1 pint water, 2 or 3 strips of lemon rind, and simmer till the figs are quite tender. Dissolve 1 oz. gelatine in 3 tablespoons of water and add. Pour the mixture into a mould, or into small moulds, rinsed with cold water, and stand till set. Serve with either custard or whipped cream (p. 547).

### FLAMRI

Put  $\frac{1}{2}$  pint of water and  $\frac{1}{2}$  pint of white wine in a saucepan and bring to the boil. Sprinkle in  $\frac{1}{2}$  lb. of fine semolina and simmer for 20 minutes. Remove from the fire and add a pinch of salt, 10 ozs. of castor sugar, 2 whole eggs, and 4 whites of egg beaten to a stiff froth. Pour the mixture into a buttered fluted mould, and place this in a saucepan of boiling water. Simmer in the oven till set. Stand till cold, remove from the mould and coat with a purée of uncooked fruit—such as strawberries, raspberries, etc. rubbed through a sieve and mixed with sugar.

### FRAISES CARDINAL

Put some strawberries in a glass dish, cover with a purée of uncooked raspberries, sweetened to taste, and sprinkle with thinly sliced blanched almonds.

### FRAISES MELBA

Put a layer of vanilla ice (p. 625) on a dish, cover with fresh strawberries and coat with uncooked raspberry purée, sweetened to taste.

**FROMAGE À LA CRÈME** (Cream cheese)

*Ingredients:* For a cheese sufficient for four people:  $2\frac{1}{2}$  pints milk, a few tablespoons of cream.

*Method:* Put the milk in a jug and keep it in a warm place till it sours and becomes solid. On no account must the milk be soured with rennet. When solid, put it in a piece of butter muslin, gather the ends together to form a bag, and hang this over a basin in a cool place to drain for twelve hours or so. It is then put in a basin, mixed with a little milk, and sometimes put into a mould or a special heart-shaped wicker basket, to shape it, but this is not necessary. A little cream is poured over the cheese, and it is sometimes served with castor sugar, in France with wild strawberries as well.

**FRUIT COOKED IN SYRUP**

Put 1 lb. lump sugar in a saucepan with 3 or 4 tablespoons of water and dissolve over a slow fire. Add whatever fruit is to be cooked. Pears, apples, oranges, etc. should be peeled and quartered—but apricots, nectarines, greengages or small peaches, can be left whole. Simmer till tender, but do not cook too long or the fruit will break. The latter fruit can either be peeled and stoned when cooked, or can be left whole. Such fruit as strawberries, blackberries, etc. are cooked for a few minutes only. When done, put the fruit in a glass dish and let stand till quite cold. The addition of a little wine or liqueur to the syrup is a great improvement.

**FRUIT PURÉES**

See Fruit Sauce or Purées (p. 548). These make a very delicious sweet and can be served in custard glasses. They should be well iced, or served very cold.

**FRUIT SALADS**

Fruit salads should always be prepared 1 or 2 hours before required and stood on ice or in a cold place. Peel and quarter such fruit as pears, oranges, peaches, apricots, etc. and leave such fruit as strawberries, raspberries, etc. whole. Sprinkle freely with sugar, and moisten with either a little syrup or wine. Fruit salads can also be made with various fruits—a mixture, for instance, of peaches and strawberries, or pineapple and raspberries, etc.

**GÂTEAU AU CHOCOLAT MARIE-LOUISE**

Dissolve  $\frac{1}{4}$  lb. of chocolate in 3 or 4 tablespoons of water. When cold, mix with the yolks of 4 eggs beaten to a cream with 1 tablespoon of sugar and  $\frac{1}{4}$  lb. of butter. Then add the whites of egg beaten to a stiff froth and beat the whole thoroughly.

Turn into a buttered mould, and stand in a cold place for 12 hours, or on ice for 4 or 5 hours.

### GÂTEAU ST. HONORÉ

Make a stiff paste with 3 ozs. butter, 2 ozs. castor sugar, rubbed into 6 ozs. flour, and adding a little milk if necessary. Roll out to the size of a pudding plate, prick and stand for 2 hours. Bake in a quick oven to a light golden colour. When cold, force a 2-inch wide ring of chou paste (p. 545) around the baked paste and also shape some chou paste into 12 small balls, the size of a large walnut. Bake in a moderate oven to a light golden colour. When done sprinkle with castor sugar and glaze under a grill. Dip the pastry balls in caramel, and place over the ring of pastry, and fill the centre with Crème Chantilly or whipped cream (p. 547).

### GOOSEBERRY FOOL

Cook 1 quart gooseberries in a light syrup (p. 549) till tender. Rub through a sieve and, when quite cold, add this purée to 1 pint whipped cream, sweetened to taste.

### THE HEDGEHOG

Line a pudding basin with 2 dozen halved sponge fingers, previously sprinkled with Madeira. Cream  $\frac{1}{2}$  lb. butter with the same quantity of sugar and flavour with 4 tablespoons of strong coffee. When quite smooth, put a layer of this mixture in the pudding basin over the sponge fingers, cover with more sponge fingers steeped in Madeira, and continue in alternate layers till the basin is full. The top layer should be of sponge fingers. Cover with a plate and put a heavy weight over it. Stand in a cold place for 12 hours. Turn out carefully and decorate with almonds, previously blanched, browned in the oven and thinly sliced. The almonds should be put very closely together and in regular rows to look like the bristles of a hedgehog.

### ICED CHOCOLATE MOUSSE

Add 2 ozs. dissolved chocolate to the yolks of 3 eggs well beaten with 1 tablespoon sugar. Mix with an equal quantity of sweetened whipped cream, put into a mould and freeze slightly.

### ICED PEACHES WITH HOT BRANDY

Stand a few previously peeled peaches in a basin surrounded with crushed ice for about 1 hour. Put them on a hot silver dish, sprinkle with sugar and, to serve, pour hot brandy over them and set it alight. The peaches remain quite cold in spite of the hot brandy.

## ICED RASPBERRY MOUSSE

Rub uncooked raspberries through a sieve, and add to an equal quantity of sweetened whipped cream to which the whites of 2 eggs, beaten to a stiff froth, have been added. Freeze slightly.

## ICED STRAWBERRY MOUSSE

The same as preceding recipe, using strawberries.

## JELLIES

Jellies can be made with either calves' foot or aspic jelly (pp. 47, 46), or with jelly made with gelatine. To make the latter, dissolve  $1\frac{1}{2}$  to 2 ozs. gelatine in 1 quart water, adding  $\frac{1}{2}$  lb. sugar, and the juice of  $\frac{1}{2}$  lemon and 1 whole orange. Bring to the boil, remove from the fire and let stand for 10 minutes. Beat up the whites of 2 eggs in a saucepan with 3 tablespoons white wine and add gradually the water with the dissolved gelatine, beating vigorously with a whisk. Replace the saucepan on the fire and continue beating till the mixture boils. Then stop beating, and simmer very gently for 15 minutes. Strain through a wet cloth or jelly-bag. Stand till nearly set, and add the flavouring. (The same applies to calves' foot jelly.)

## JELLIES, FRUIT

When made with such fruit as strawberries, raspberries, gooseberries, cherries, etc. these are rubbed through a sieve, and and 1 gill water is added to every lb. purée. This purée is then filtered through a cloth and added to an equal part of jelly, which should, in this case have been made with double the amount of gelatine. Fruit jellies can be flavoured with lemon, orange, tangerine juice, etc. Pour the liquified jelly into a mould rinsed with cold water and stand in a cold place till set.

## JELLIES, WINE

The jellies can be flavoured with Madeira, sherry, Marsala, champagne, etc. in the proportion of 1 gill of the wine to every  $1\frac{3}{4}$  pints jelly.

## JUNKET

*Ingredients:* To every pint of fresh milk allow 1 dessertspoon sugar, 1 brandy, 1 teaspoon rennet. Clotted cream (p. 556) or whipped cream, and a little cinnamon or grated nutmeg.

*Method:* Warm the milk and remove the saucepan from the fire. Stir in the sugar, rennet and brandy, and pour the mixture in a somewhat deep dish, in which it should be served. When set, cover with either the clotted cream or whipped cream and sprinkle with cinnamon or nutmeg.



### LEMON SOUFFLÉ

Beat the yolks of 6 eggs with 6 ozs. sugar and flavour with the juice of 2 lemons. Put in a saucepan and simmer over a slow fire till the mixture begins to thicken. Remove from the fire and, when nearly cold, mix in the 6 whites of egg beaten to a froth. Put in a glass dish and serve very cold.

### LEMON SPONGE

Soak  $1\frac{1}{2}$  ozs. gelatine in cold water for 2 hours, and strain. Pour over it  $\frac{1}{2}$  pint boiling water, in which the rinds of 2 lemons have been boiled for a few minutes. Then add the juice of 3 lemons, and  $\frac{1}{2}$  lb. loaf sugar. Stir on a slow fire till the sugar is dissolved and the mixture begins to thicken. Remove from the fire and, when almost cool, whisk in the whites of 2 eggs, beaten to a stiff froth. Whisk to the consistency of a frothy sponge, and turn into a mould, previously rinsed in cold water. Stand in a cold place till set.

### MACÉDOINE OF FRUIT

The same as Fruit Salad (p. 558), but made with mixed fruits, moistened with a light syrup, and flavoured with kirsch or maraschino. Stand on ice for 1 or 2 hours.

### MERINGUES

For the mixture, see Meringue (p. 548). Drop a spoonful at a time on buttered paper, put these on a baking sheet, sprinkle the meringues lightly with castor sugar, and bake in a very cool oven till the outside of the meringue is set and crisp. When quite cold and set, they are ready for use. When small, the meringues can be eaten without a filling. When large, scoop out a little of the soft inner part and fill with sweetened whipped cream.

### MILK AND RICE WITH QUINCES

Boil a  $\frac{1}{4}$  lb. well-washed rice in just under 1 quart milk. Boil for 1 hour till the rice is very soft. When done, stir in  $\frac{1}{2}$  oz. butter, sugar to taste, and sprinkle with either grated chocolate or cinnamon. Put in the centre of a dish and surround with quinces cooked in syrup.

### THE MONKEY'S STUFFED MELON

This dish derives its name from the Spanish anisette, Anis del Mono, or the "monkey's anisette." Remove the top from a ripe melon, scoop out the seeds and pour in a wine glass of anisette. Keep on ice or in a cold place for several hours and add a little more anisette before serving.

## MONT-BLANC

Bake 3 lbs. chestnuts and shell them. Then boil them in sweetened milk, flavoured with vanilla, till quite tender. Rub them through a sieve into a round border mould and, when the mould is full, turn out carefully on a dish. Fill the centre of the chestnut border with piled up whipped cream, sweetened and flavoured with vanilla.

## MOUSSE OF CHESTNUTS

Pound 12 large cooked chestnuts in a mortar and put in a saucepan with  $\frac{1}{2}$  pint water,  $3\frac{1}{2}$  ozs. sugar and bring to the boil. Stir till quite smooth. Remove from the fire and, when quite cold, mix with  $\frac{1}{2}$  pint sweetened whipped cream, flavoured with vanilla, to which the white of one egg, well beaten, has been added. Pour into a mould and either freeze the mixture or keep on ice for several hours.

## MOUSSE OF CHOCOLATE

Beat the whites of 2 eggs to a stiff froth and add 2 tablespoons castor sugar. Then add 2 ozs. chocolate dissolved with 1 or 2 tablespoons water. Beat till quite light and serve at once.

## MOUSSE OF COFFEE AND CHOCOLATE PRALIN

Proceed as in foregoing recipe, but dissolve the chocolate with coffee instead of water. When the mousse is done, sprinkle freely with Pralin (p. 549).

## MOUSSE MONTE CARLO

Whip  $\frac{1}{2}$  pint cream and sweeten with 4 ozs. castor sugar. Flavour with vanilla and add 2 ozs. meringues, broken in small pieces.

## NÈGRE EN CHEMISE

Mix 2 ozs. butter, 2 ozs. sugar, 2 ozs. grated chocolate and 2 ozs. blanched pounded almonds in a basin with the yolks of two eggs. Add the whites of 2 eggs beaten to a stiff froth, put in a mould and place the mould in a saucepan of boiling water. Simmer in the oven for 2 hours. When cold, turn out and cover with sweetened whipped cream.

## ŒUFS À LA NEIGE

(Snow eggs)

*Ingredients:* For 6 people: 6 eggs, 3 pints milk, 6 ozs. lump sugar or sugar crystals, 5 ozs. castor sugar, flavouring of vanilla, lemon, etc., according to taste.

*Method:* Put the milk, lump sugar and flavouring in a saucepan.

This should not be very deep, as the poaching of the eggs becomes difficult. Bring to the boil, stirring well so that the sugar melts. Beat the whites to a very stiff froth—test whether it is sufficiently stiff by placing an egg on it. If the egg does not sink, the whites are sufficiently beaten. Now add the castor sugar to the whites, beating steadily. Put a little beaten white of egg in a spoon, and with a knife smooth it and give it the shape of an egg. Drop these, one at a time, in the boiling milk, and after  $1\frac{1}{2}$  minutes turn each “egg” carefully with a fork, so that the upper side gets cooked. Leave them in for exactly 2 minutes more—not longer, or they will collapse. Remove from the milk with a perforated spoon, and drain either on a large sieve or on a clean cloth.

The milk is now strained through a sieve. Beat the yolks and add the warm milk to them gradually. Put back on the fire and stir till the mixture begins to thicken. When quite cold put in a glass dish and add the whites, which will float on the surface.

### ORANGES FILLED WITH JELLY

Halve a few large oranges, remove the pulp and fill with Orange Jelly (p. 679). Serve very cold.

### PASHA OP PASKA

This is a great Easter dish in Russia.

*Ingredients:*  $\frac{3}{4}$  lbs. cream cheese, 1 gill sour cream,  $\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{4}$  lb. chopped almonds,  $\frac{1}{4}$  lb. candied peel,  $\frac{1}{2}$  lb. stoned raisins.

*Method:* The cream cheese should be quite free from moisture. Rub it through a sieve and mix in a basin with all the other ingredients, blending thoroughly. Line a Turk’s head mould with butter muslin, fill the mould with the mixture, cover with butter muslin, put a weight over it and stand in a cold place for 12 hours. Serve with cream.

### PAVÉ DE CHOCOLAT

Dissolve  $\frac{1}{4}$  lb. chocolate in 4 tablespoons strong coffee. Cream 1 lb. butter with 3 tablespoons sugar and 4 whole eggs. Add the chocolate and coffee mixture when cold and beat all to a smooth cream. Have ready 3 dozen large halved sponge fingers. Place 5 in a row close together, the halved portion upward. Coat with a layer of the mixture. Lay 5 more halved sponge fingers over the mixture and continue in alternate layers till the sponge fingers are used up. Cover the top with a layer of sponge fingers. Stand in a cold place for 2 or 3 hours.

### PEACHES CARDINAL

Cook the peaches in a light syrup (p. 673) and, when cold, proceed as in Fraises Cardinal (p. 557).

## PEACHES CHANTILLY

Cook the peaches in a light syrup (p. 673) and, when cold, cover with Chantilly Cream (p. 547) sweetened and flavoured with kirsch or maraschino.

## PEACHES IN SYRUP

See Fruit Cooked in Syrup (p. 672). Flavour the syrup with a little Peach or Cherry brandy.

## PEARS À LA BOURGUIGNONNE

Peel and quarter 2 lbs. pears and cook till tender in a syrup made with 1 lb. lump sugar, 3 tablespoons water and 1 wine glass of claret. When done, put in a glass dish and serve very cold.

## PEARS AND RICE

Tinned pears are usually used for this dish in England.

Put  $\frac{1}{4}$  lb. rice in a saucepan with  $1\frac{1}{2}$  pints milk, 2 ozs. sugar, a little grated lemon rind and a pinch of salt. Bring to the boil and simmer till the rice is soft. Then stir in the yolks of 2 eggs, turn the mixture into a round, flat mould, and invert this on a dish. When cold, pile the pears on the rice mould.

## PEARS WITH RUM

Proceed as in recipe for Pears à la Bourguignonne (above), but without the claret. Flavour the syrup with 1 wine glass of rum. Serve very cold.

## PINEAPPLE À LA CRÉOLE

Remove the top and 1 thick slice of the pineapple. Remove all the hard centre part of the pine with a grapefruit corer or a knife. Slice the pineapple thinly and evenly and replace the slices one on top of the other. The pineapple should look as if it has not been cut. Fill the centre with castor sugar and liqueur—Grand Marnier, Curaçao, Cherry Brandy, etc. Stand on ice for a few hours and serve very cold.

## PRUNE MOULD

Remove the stones from 1 lb. of previously soaked prunes. Chop and put in a saucepan with  $1\frac{1}{2}$  pints water,  $\frac{1}{4}$  lb. sugar and the juice and shredded rind of 1 lemon. Bring to the boil and simmer for 30 minutes. Then stir in 1 oz. gelatine, previously melted in a little water and turn into a mould rinsed out with cold water. Stand in a cool place till set.

## PRUNES IN WINE

Put 1 lb. prunes in an earthenware casserole, cover with Marsala wine or a light port and bring to the boil. Simmer for 10 minutes, remove from the fire and let stand for 3 days. The prunes will have absorbed much of the wine and are highly flavoured.

## RICE WITH PRUNES

Proceed as in recipe for Pears and Rice (p. 564), but using cold stewed prunes and a little of the syrup in which they were cooked.

## RICE WITH RAISINS

Put  $\frac{1}{4}$  lb. rice in a saucepan with just enough water to cover, a good pinch of salt, and 2 or 3 sticks of cinnamon. Add 1 heaped tablespoon of raisins or sultanas, sugar to taste, and simmer till tender.

## RIZ À L'IMPÉRATRICE

Boil  $\frac{1}{2}$  lb. rice till quite soft in sweetened milk, and 1 oz. butter. When done, mix in the yolks of 3 eggs and let stand till cold. Then mix in  $\frac{1}{4}$  lb. chopped candied fruit and 4 tablespoons apricot purée or apricot jam. Add finally  $\frac{1}{2}$  pint custard and  $\frac{1}{2}$  pint whipped cream mixed. Put in a mould and stand on ice or in a cold place till set.

## RICE WITH MILK

Put 1 breakfastcup rice in an earthenware terrine with a few lumps of sugar and a small piece of vanilla pod. Cover generously with milk, bring to the boil, cover, and simmer very gently in the oven for 4 to 5 hours, adding more hot milk occasionally. It must not be allowed to set, like a rice pudding, and should be of the consistency of thick cream. Let stand till cold.

## RÖDGRÖD (Danish)

Stew 1 lb. red currants,  $\frac{1}{2}$  lb. raspberries and a few bunches of black currants in a little water till tender. Strain the juice and dilute 2 ozs. sago flour with 1 gill of juice. Stir this into the remainder of the boiling fruit juice, then remove the saucepan from the fire and stir continuously till cold. Pour in a glass dish and serve with cream and sugar.

## SEMOLINA MOULDS

*Ingredients:*  $\frac{1}{2}$  lb. semolina,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{4}$  lb. stoned raisins, the same of blanched almonds, 2 or 3 sticks of cinnamon and a few cardamoms.

*Method:* Put the sugar in a saucepan with 1 pint of water and remove when it thickens to a syrup. Brown the semolina in the butter, stirring well, then add the raisins, the almonds, the cinnamon and cardamoms, and finally the syrup. Mix all thoroughly, stirring continuously and, while still warm, pour the mixture into moulds and let it stand till set.

### SYLLABUB

Put 2 wine glasses of sherry or Madeira in a bowl or basin with 2 of brandy, the juice of  $\frac{1}{2}$  lemon, 2 or 3 tablespoons sugar or more, according to taste and add 1 pint cream. Whip all together till light and frothy. Serve in large custard cups or glasses.

### SNOW EGGS

See *Œufs à la Neige* (p. 562).

### STEWED FIGS

Here are two different versions of this very popular English sweet, which is so often taken more for medicinal purposes than for pleasurable ones. First, I give Eliza Acton's version of "A very nice compôte" from *Modern Cookery* (1861):

"Put into an enamelled or copper stewpan four ounces of refined sugar, the very thin rind of a large and fresh lemon, and a pint of cold water. When the sugar is dissolved, add a pound of fine Turkey figs, and place the stewpan on a trivet above a moderate fire, or upon a stove, where they can heat and swell slowly, and be very gently stewed. When they are quite tender, add to them two glassfuls of port wine, and the strained juice of the lemon; arrange them in a glass dish, and serve them cold. From 2 to 2½ hours of the gentlest stewing will generally be sufficient to render the figs fit for table. Orange-juice and rind can be used for them at pleasure, instead of the lemon; two or three bitter almonds may be boiled in the syrup to give it flavour, and any wine can be used for it which may be preferred, but port is best."

We now turn to a modern and simplified version of the same dish:

Put 1 lb. of dried figs in a saucepan, cover with cold water, add the grated rind and the juice of  $\frac{1}{2}$  lemon. Bring to the boil, and simmer till the figs are tender—about 1½ hours. Remove the figs from the saucepan, add a little castor sugar and stir till the mixture thickens. Add a little lemon juice, pour over the figs and serve with either Custard sauce (p. 548), cream, or Junket (p. 560).

### STEWED FRUITS

See *Fruit Cooked in Syrup* (p. 672).

## STEWED PRUNES

In cooking prunes, or other dried fruit, they should be soaked for 12 hours before being cooked. The syrup in which they are put should be thinner, as they require longer cooking than fresh fruit, and the syrup tends to become too thick. Very gentle simmering is essential in the stewing of all fruit.

## "STRAWBERRIES AND CREAM"

Remove the stalks from 1 lb. of good, sound and ripe strawberries, put them in a basin and crush to a pulp with a fork. Mix in an equal quantity of Chantilly or whipped cream (p. 547) sweetened to taste. Serve very cold on a glass dish.

## STUFFED MELON

Cut a slice from the top part of the melon, remove the seeds and scoop out the greater part of the pulp. Put in a basin and mix with half the quantity of halved strawberries, or whole raspberries, and sprinkle with sugar. Replace the mixture in the melon, cover with the top and stand on ice for 2 or 3 hours. Peaches, nectarines and apricots can also be used.

## STUFFED PEACHES

*Ingredients:* 6 large peaches, not too ripe, 4 small sponge fingers or sponge cakes (as they are made somewhat large in England, 2 or even 1 will be sufficient), 2 ozs. sweet almonds, including 3 bitter almonds, 1 strip candied peel, either lemon or orange, sugar, and  $\frac{1}{2}$  glass white wine.

*Method:* Cut the peaches in half, remove the stone and a little of the pulp so as to make more room for the stuffing. Pound the almonds in a mortar with a little sugar, then put them in a basin, add the peach pulp, the finely chopped sponge cake and the candied peel, also finely chopped. Fill the peaches with the mixture, then put the two halves of each peach together, so that they look whole, put them on a baking sheet, pour the wine over them, sprinkle freely with sugar, and cook in a moderate oven for about 10 minutes or longer till the sugar has formed a nice crust over them. These can be served either hot or cold.

## STUFFED PEARS

Cut a slice about  $\frac{1}{2}$ -inch thick from the top of the pears and carefully remove the centre part and the pips. Cook the pears in a light syrup (p. 673) but keeping them quite firm. Let them stand till quite cold, and put 1 or 2 teaspoons of either raspberry purée or other fruit purée inside each pear. Pour a little of the syrup in which the pears were cooked over the whole.

## STUFFED PINEAPPLE

Proceed as in Pineapple à la Créole (p. 564), but remove a little of the pineapple pulp, as well as the hard centre part. Chop the pulp and mix with coarsely chopped peaches, nectarines or apricots. Sprinkle with sugar and replace the mixture in the pineapple. Add a liqueur glass of some kind of liqueur—kirsch, maraschino, peach or cherry brandy—and stand on ice or keep in a cold place for 2 or 3 hours.

## TANGERINES WITH CREAM

Cut a neat round slice from the top of the tangerines, remove the pulp carefully and with the pulp make a Tangerine Bavaois (Bavaois, p. 551). Fill the tangerines with the Bavaois and stand on ice for 2 or 3 hours.

## TRIFLE

*Ingredients:* 4 sponge cakes, 1 doz. ratafia biscuits, 6 macaroons,  $\frac{1}{2}$  pint custard, 2 ozs. blanched and shredded almonds, a little grated lemon peel, the whites of 2 eggs,  $\frac{1}{2}$  pint cream, strawberry or raspberry jam, sugar, 1 gill sherry or brandy; and for the decoration, candied angelica and cherries.

*Method:* Cut the sponge fingers in half and spread a layer of jam on each. Cover with the other half. Lay a few in the bottom of a glass dish, with alternate layers of macaroons and ratafias. Moisten with the sherry, sprinkle with the almonds and lemon peel, and cover with the cold custard. Over this put the cream, whipped with the whites of egg and sugar. Decorate with the angelica, cut in strips, and the cherries.

## THE WITCHES' FROTH

*Ingredients:* 2 lbs. apples, the whites of 2 or 3 eggs, 6 tablespoons sugar, a little lemon juice, sliced fresh fruit and whipped cream.

*Method:* Bake the apples till very soft, remove the peel and the core, and rub the pulp through a sieve. When quite cold, add this pulp gradually to the whites of eggs beaten to a very stiff snow, to which the sugar and lemon juice have been added. Put on a glass dish and garnish with slices of fresh fruit and whipped cream.

## ZABAIONE (Italian)

*Ingredients:* The yolks of 3 large eggs,  $1\frac{1}{2}$  ozs. sugar, just over 1 gill of either Marsala wine or Madeira.

*Method:* Put the yolks of eggs and sugar in a basin and beat till the mixture is almost white and very light. Then add the wine and mix thoroughly. Pour into a saucepan and put on a quick fire, beating incessantly, without allowing the mixture to boil or thicken. As soon as it begins to rise, remove from the fire and pour into glasses. When served cold, keep in a cool place till required.



## *Hot Sweets*

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## Hot Sauces for Sweets

## FRUIT SAUCES

See Fruit Sauces for Cold Sweets (p. 548).

## HOT CUSTARD

See Custard for Cold Sweets (p. 548).

## CHERRY SAUCE

See Cherry Sauce for Cold Sweets (p. 547).

## CHOCOLATE SAUCES

See two recipes for Chocolate Sauce for Cold Sweets (p. 547).

## GOOSEBERRY SAUCE

Melt 4 or 5 tablespoons gooseberry jelly or jam; if too thin, thicken with 1 or 2 teaspoons arrowroot. Flavour with a little kirsch.

## ORANGE SAUCE

This can either be made in the same way as Marmalade sauce (Cold Sweets, p. 548) or it can be made with fresh orange pulp, or purée, thinned with a light syrup and flavoured with some kind of liqueur (optional).

## RASPBERRY SAUCE

See Fruit Sauces or Jam Sauces for Cold Sweets (p. 548).

## STRAWBERRY SAUCE

Same as preceding.

## SAUCE WITH NUTS

Add 1 tablespoon Pralin (p. 549) made with nuts instead of almonds, to  $\frac{1}{2}$  pint of Crème anglaise or custard (p. 548).

## ZABAIONE

See recipe for Zabaione in Cold Sweets (p. 568). Either hot or cold Zabaione can be used as a sauce instead of custard.

## Hot Sweets

## BAKED APPLES

Cut a thin slice from the top of the apples and carefully remove the core, being careful not to pierce the other end of the apple. Fill this cavity with either castor sugar or brown sugar. Place the apples on a baking tin, with a little water, sprinkle freely with sugar and bake in a moderate oven for 45 minutes or till very tender. Baste occasionally with the syrup made with the water and sugar from the apples.

## APPLES BONNE FEMME

Prepare the apples as in preceding recipe. Fill the cavity with melted butter mixed with sugar, put on a baking tin with a little water and cook in a moderate oven till tender.

## APPLES WITH BUTTER

Peel and core the apples and blanch in boiling water for 2 minutes. Put them in a well-buttered fireproof dish, which has a lid, and moisten them with a light syrup, flavoured with vanilla. Cover and cook in a moderate oven till tender. To serve, put each apple on a round slice of brioche (p. 543) or on a round slice of bread, fill the cored part of the apple with a little butter, creamed with sugar and flavoured with brandy, and pour the syrup over them.

## APPLE CHARLOTTE

See Apple Charlotte, Cold Sweets (p. 553).

## APPLES CONDÉ

Peel, core and quarter the apples and cook till tender in a light syrup flavoured with vanilla. Serve on a border of rice, cooked and prepared as the rice for Riz à l'Impératrice (p. 565).

## APPLES WITH CREAM

Peel and core the apples and cook till tender in a light syrup, but do not over-cook them or they will break. Put a layer of Crème Frangipane (p. 547) in a shallow fireproof dish, and put the apples over this. Fill the cored part of each apple with gooseberry jelly or jam, and cover each entirely with Crème Frangipane. Cook in a moderate oven for 30 minutes. 10 minutes before serving, sprinkle with castor sugar.

## APPLE DUMPLINGS (Baked)

Surround the peeled and cored apples with short crust (p. 541), bake in a moderate oven for 30 to 35 minutes and, when nearly done, glaze by brushing over lightly with water and sprinkling with brown sugar.

## APPLE DUMPLINGS (Boiled)

Peel and core the apples, fill the cored cavity with sugar—either white or brown—and surround with suet pastry (Suet Dumplings, p. 538). Tie each dumpling in the corner of a floured pudding cloth and boil for 40 to 45 minutes.

## APPLES, FRIED

Pare and core the apples and cut in round slices. Fry in deep fat (p. 87) to a light golden colour and drain. Sprinkle with sugar and serve.

## APPLE SNOWBALLS

Allow 1 tablespoon rice,  $\frac{1}{2}$  pint milk, 1 clove and 1 teaspoon moist sugar to each apple. Cook the rice in the milk till very soft. Pare and core the apples, fill the centre or cavity with sugar, cover with the rice and tie each in the corner of a pudding cloth. Simmer for 50 to 60 minutes. Unwrap and sprinkle freely with sugar.

## APRICOTS À LA CONDÉ

See Apples Condé (p. 571).

## BANANAS STUFFED WITH RAISINS AND SUGAR

Make a neat oblong incision on the top of the banana, remove some of the pulp and fill with raisins and brown sugar. Put on a buttered baking tin, and brown in a moderate oven for 45 minutes, basting occasionally.

## BANANAS, FRIED

Peel the bananas and cut into 3 or 4 slices lengthwise. Sprinkle with sugar, dip in flour, coat with beaten egg, again dip in flour and fry to a light golden colour in clarified butter (p. 24). Drain, sprinkle with castor sugar and serve.

## BANANAS SOUFFLÉES

Make a neat oblong incision on the top of the banana and remove the pulp. Rub the banana pulp through a sieve, mix with a cream soufflé mixture (p. 581), add whites of egg, and fill the bananas with the mixture. Arrange neatly on a dish and put in a brisk oven for 5 to 6 minutes.

## CHERRIES JUBILEE

Stone the cherries and poach or cook them in a light syrup. Put them in a silver dish, reduce the syrup, thicken it with a little gooseberry jelly or jam, and pour it over the cherries. Pour hot kirsch over the whole and set alight.

## CRÈME RÉGENCE

Sprinkle  $\frac{1}{2}$  lb. sponge fingers with kirsch and maraschino and soak them in boiled milk. Rub through a sieve and add 4 whole eggs, the yolks of 5,  $\frac{1}{2}$  lb. sugar. Mix all thoroughly. Pour in a buttered charlotte mould, and put in a saucepan of boiling water. Simmer gently in the oven for 35 minutes. Turn out on a hot dish and surround with apricots cooked in syrup, each garnished with a glacé cherry. Coat with a light syrup, flavoured with apricot and kirsch.

**CHESTNUT CROQUETTES**

Cook the shelled chestnuts in a light syrup, flavoured with vanilla, till tender. Set aside a few whole small chestnuts. Rub the remainder through a sieve and to every  $\frac{1}{2}$  lb. of this purée add 2 yolks of egg and 1 oz. sugar. When cold, divide into lumps the size of a small egg, shape into balls, enclosing a whole chestnut in each, dip in flour, coat with yolk of egg and breadcrumbs and fry in deep fat. Drain and serve with Apricot sauce (p. 546).

**RICE CROQUETTES**

Prepare the rice as for Riz à l'Impératrice (p. 565), and shape, when cold, into the shape of apricots, pears, etc., and proceed as in foregoing recipe.

**RICE CROQUETTES WITH RAISINS**

The same as preceding recipe, but adding 1 tablespoon raisins to each  $\frac{1}{2}$  lb. of the rice mixture.

**SEMOLINA CROQUETTES**

Boil  $\frac{1}{2}$  pint milk with 2 ozs. butter and sprinkle 5 or 6 tablespoons of semolina, stirring well with a wooden spoon. When thick, add 6 ozs. sugar and 2 ozs. raisins. Work well, remove from the fire and spread the mixture on a buttered marble or dish. When cold, divide into small squares or rounds and proceed as foregoing croquette recipes. Serve with a Raspberry sauce (Fruit and Jam sauces, p. 548).

**CROÛTES AUX APRICOTS**

Cut either a savarin, brioche or other cake into oblong slices about 4 inches long and 2 to 2 $\frac{1}{2}$  inches wide, and about  $\frac{1}{2}$ -inch thick. Put on a baking tin, sprinkle with sugar and brown lightly in the oven. Garnish each croûte with Crème anglaise or custard (p. 548) over this place an apricot, previously cooked in syrup, and garnish with glacé cherries and candied angelica. Serve with Apricot sauce (p. 546) flavoured with maraschino.

**CROÛTES AUX CERISES**

The same as preceding recipe, but using cherries cooked in syrup. Garnish with angelica only.

**FRUIT CROÛTES**

Prepare the slices of cake as in above recipes. Arrange them on a dish alternately with slices of pineapple of the same size, cooked in syrup. On each croûte put, alternately, quartered apples and pears, cooked in syrup, and decorate with glacé cherries and chopped candied peel. Serve with Apricot sauce (p. 546).

**CROÛTES AU, MADÈRE**

Garnish the croûtes with glacé and candied fruit, cut in dice, raisins, currants and sultanas, previously soaked in syrup and highly flavoured with Madeira.

**CROÛTES À LA NORMANDE**

Cover the prepared croûtes with apples cooked as for Apple Charlotte (p. 571) and garnish with slices of apple cooked in syrup.

**CROÛTES VICTORIA**

Garnish the croûtes with glacé cherries and marrons glacés, left whole, and serve with an Apricot sauce (p. 546) flavoured with rum.

**CUSTARD, BOILED**

See Crème anglaise and other custards in Cold Sweet Section (p. 548).

**CUSTARD, BAKED**

See Crème Renversée ou Mouleés, in Cold Sweet Section (p. 555).

**APPLE CUSTARD**

Put a layer of apple pulp (cooked in the same manner as for Apple Charlotte, (p. 571) in a pie-dish, cover with custard, then with whites of egg beaten to a stiff froth. Sprinkle with castor sugar and bake in a moderate oven till the whites of egg begin to colour.

**CARAMEL CUSTARD**

See Crème Moulée au Caramel (p. 555).

**CHOCOLATE CARAMEL**

Add  $1\frac{1}{2}$  ozs. chocolate, broken in small pieces, to every  $\frac{1}{2}$  pint milk used for making the above custard. Stir till quite smooth, and proceed as in recipes for custards (p. 556).

**FRITTER BATTER**

For Fritter Batter for Fruit (p. 575).

**APPLE FRITTERS**

Peel and core the apples and slice or cut them in dice. Put in a basin and sprinkle with sugar and moisten with a little rum or brandy (optional). Dip in frying batter (p. 575), and fry in deep fat (p. 87), putting in only 1 tablespoon at the time. Drain and sprinkle with sugar.

**APRICOT FRITTERS**

Peel, quarter and stone the apricots. Proceed as in foregoing recipe.

## BANANA FRITTERS

Peel the bananas and either cut in  $\frac{1}{2}$ -inch or 1-inch rounds, sprinkle with sugar, etc., and proceed as in making Apple Fritters (p. 574).

## FRITTER BATTER FOR FRUIT

*Ingredients:*  $3\frac{1}{2}$  ozs. flour, 6 tablespoons beer or wine, 1 tablespoon olive oil or clarified butter, 1 tablespoon brandy (or whatever liqueur is preferred), 1 whole egg, about 3 tablespoons lukewarm water, pinch of salt and pinch of sugar.

*Method:* Mix the yolk of egg with the oil or butter, the salt and sugar, and 2 tablespoons beer. Put the flour, which should always be sifted, in an earthenware casserole (a round one) or in a salad bowl, and with the tips of the fingers, or with a wooden spoon, make a hollow in the centre, and in this put the mixture of egg and oil, etc. Then very gradually, with a concentric movement, and using a wooden spoon, mix in the flour, adding the water and other liquids little by little. The batter must not be beaten or lifted with the spoon. It can be turned in any direction, but always with a concentric movement, neither too hard nor too fast. The batter should be perfectly smooth, free from lumps, and of the consistency of thin cream. Cover the bowl and let stand in a warm place for 3 to 4 hours before using. Just before using add the whites of egg beaten to a stiff froth.

## BATTER FRITTERS

*Ingredients:*  $\frac{1}{2}$  lb. flour, the yolks of 3 eggs, a thin strip of finely chopped lemon peel, pinch of salt. Water, oil, sugar.

*Method:* Put the flour in a terrine or salad basin with a pinch of salt, make a well, and put the yolks of eggs in it. Add the flour gradually to the eggs with a wooden spoon and, when it is all mixed, add sufficient water, very gradually, to make a light batter. Mix in the lemon peel. Let the batter stand for  $\frac{1}{2}$  hour. Then, with a spoon, drop a little of the mixture—not more than 1 teaspoon at a time—into a pan of very hot oil. Cook to a golden colour, remove from the oil and drain on a cloth. Sprinkle with a little sugar and serve hot.

## BORAGE FRITTERS

Borage leaves are never used in this country except in wine cups, but in Italy and in other countries they are very popular in cooking. Large and fresh borage leaves are chosen, each dipped in frying batter and fried in a deep saucepan of very hot oil. As soon as they begin to turn a golden colour they are removed from the oil, well drained and sprinkled with vanilla sugar or plain sugar.

## CHUROS

Put some Chou paste (p. 545), into a forcing bag or a piping machine used to ice cakes, with an opening just under  $\frac{1}{2}$ -inch wide. Drop the mixture with a circular movement into a deep pan of very hot oil into long spiral coils which curl up as they are cooked, and fry to a light golden colour. They swell out to about 1-inch in thickness. Drain and sprinkle with sugar.

## CUSTARD FRITTERS

Cut the baked custard (p. 574) or baked Crème Frangipane (p. 547) into small squares or dice, dip in frying batter and proceed as in other recipes for fritters.

## FRITTERS SOUFFLÉS OR PETS DE NONNE

*Ingredients:* For 6 people: a little less than 1 gill of cold water,  $\frac{1}{4}$  lb. flour, 2 ozs. butter, 3 large eggs or 4 small ones, a little sugar, pinch of salt, flavouring according to taste—lemon, orange flower water, or vanilla.

*Method:* Put the water in a saucepan with the butter, divided in small pieces, a pinch of salt and a little sugar. Bring to the boil on a quick fire, and as soon as the mixture bubbles remove from the fire, add all the flour, and stir vigorously with a wooden spoon till the paste is perfectly smooth. Replace the saucepan on the fire and turn the paste with the spoon till it begins to dry and no longer clings to the bottom of the pan. Remove the saucepan from the fire, and stir in the eggs, one at a time, making sure that each egg is well absorbed before adding the next. The paste should be well stirred and beaten in order that it should be light. Shape into small balls, no bigger than a walnut, either with the hand or with a spoon, and drop in a deep frying-pan of boiling fat. Cook till the "beignets" are a golden colour, and have swelled to three times their original size. Roll in castor sugar and serve at once.

## PEACH FRITTERS

See Apricot Fritters (p. 574).

## PEAR FRITTERS

See Apple Fritters (p. 574).

## PINEAPPLE FRITTERS

Cut into large dice, sprinkle freely with sugar, kirsch or maraschino (optional) and let stand for 1 hour. Proceed as in the making of other fritters.

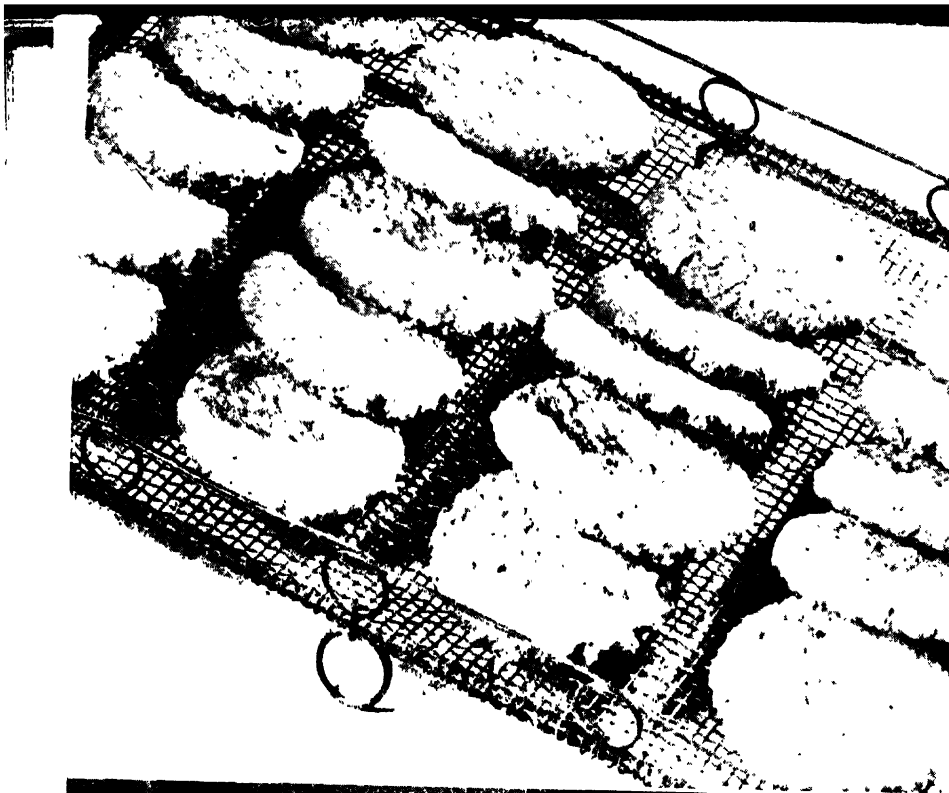
## RASPBERRY FRITTERS

Sprinkle freely with sugar, let stand and proceed as in the making of other fritters.





*Vol-au-vent*



ABOVE : *Oatmeal biscuits*

BELOW : *Various biscuits*

## STRAWBERRY FRITTERS

The same as preceding recipe. The fritters are greatly improved if the fruit is well sprinkled with maraschino or kirsch, as well as sugar.

## VIENNESE FRITTERS

Make a paste with  $\frac{1}{2}$  lb. flour, 3 ozs. butter, 3 eggs,  $\frac{1}{2}$  oz. sugar,  $\frac{1}{2}$  oz. yeast, a pinch of salt and 3 tablespoons milk. Work well, roll out to a thickness of  $\frac{1}{4}$  inch, cut into  $2\frac{1}{2}$  to 3-inch rounds, place a little jam on each round, cover with a round of paste, pressing the edges down firmly, and let stand for 30 minutes. Fry in deep fat to a light golden colour, drain and sprinkle with sugar.

## JAM SLICES

*Ingredients:* A few slices of white bread, apricot, greengage or currant jam, red wine, spices, the yolks of 1 or 2 eggs, bread-crumbs, butter or fat.

*Method:* Cut slices of bread, remove the crust, spread the bread with the jam, and cover with another slice of bread. Moisten these sandwiches with a little red wine, in which sugar and spices have been boiled for a few minutes, brush over with yolk of egg, coat with white breadcrumbs and fry in hot butter or fat to a golden colour.

For the making of omelets, see Egg Section (p. 239).

## OMELET WITH JAM

Sweeten the omelet mixture according to taste. When the omelet is made, spread a little jam over one side of it and fold. Sprinkle with sugar and serve very hot.

## OMELET WITH KIRSCH

The same as preceding recipe, but without jam. When made, fold the omelet, sprinkle with sugar, pour a little warm kirsch over it and set alight.

## SWEET OMELET WITH MINCEMEAT

Make the omelet as in preceding recipes. Fill with mincemeat (p. 680), fold, pour hot brandy over it, and set alight.

## OMELET WITH RUM

The same as omelet with kirsch, but using rum.

## OMELETTE SOUFFLÉE

Work  $\frac{1}{4}$  lb. sugar in a basin with the yolks of 3 eggs, then add the whites of 4 eggs, beaten to a stiff froth, flavour the mixture to taste, with vanilla, lemon, brandy, etc. Pile the mixture on a buttered dish and put in a brisk oven till set. A few minutes before serving, sprinkle with sugar.

### OMELETTE SURPRISE

Cut a round or oval about  $1\frac{1}{2}$  inches thick from Gênoise pastry (p. 655) and place upon this a pyramid of ice cream (p. 624), well frozen. Have ready a firm meringue (p. 561) and cover the ice cream evenly with it, about  $\frac{3}{8}$  inch thick. Put it in a very hot oven so that the meringue will cook and colour quickly without the heat reaching the ice cream. Various ice creams can be used and fruits may be mixed with it. Fruits may also be placed between the Gênoise and the ice cream. The meringue can be coloured or decorated by means of an icing syringe.

### PAIN PERDU OR "LOST BREAD"

Cut neat slices,  $\frac{1}{2}$ -inch thick, from a stale loaf, and remove the crust. Moisten with sweetened milk, flavoured with vanilla, brush over with beaten yolk of egg, and fry to a golden colour in hot clarified butter (p. 24). Drain and sprinkle with castor sugar.

### PANCAKES

Put  $\frac{1}{4}$  lb. flour in a basin, make a well in the centre and break in 2 eggs. Add about 1 tablespoon of milk to the eggs, and stir with a wooden spoon. Work the flour in with the eggs gradually, and keep adding a little milk, also very gradually, till  $\frac{1}{2}$  pint has been used. Beat to a perfectly smooth batter, and stand for 1 hour before using. Beat up again, have ready a small omelet pan, greased with a little butter or fat, warm the pan, put a small quantity of the batter in it, and tilt it, so that the pan is evenly and thinly coated. Replace the pan on the fire and cook till one side begins to colour. Toss, or turn carefully with a fork, and cook the other side. To serve, roll up the pancake, sprinkle with sugar and a little lemon juice. Pancakes should be quite dry, thin and very light.

### PANCAKES WITH JAM

Make the pancakes as in preceding recipe and, before rolling them, spread with a thin layer of jam.

### PANCAKES WITH MACAROONS

Add  $1\frac{1}{2}$  ozs. pounded macaroons to the mixture for Crêpes à la Parisienne (p. 580).

### OATMEAL PANCAKES

Boil 1 pint milk and mix in  $\frac{1}{2}$  pint oatmeal flour gradually, and stir continuously. Then remove from the fire and stir in 3 eggs, beaten up with a little sugar, and a pinch of salt and nutmeg. Proceed as in the making of ordinary pancakes. Serve with butter, flavoured with orange juice and sugar.

## SCOTCH PANCAKES

Mix 3 ozs. flour with 2 tablespoons cream, add the beaten yolks of 3 eggs, 1 tablespoon sugar,  $\frac{1}{2}$  pint cream, and beat thoroughly. Finally add the whites of egg, beaten to a froth. Cook as other pancakes, but without turning them, and pricking them lightly with a fork. Remove from the pan and brown lightly under a grill. Sprinkle with sugar and serve.

## PANCAKES WITH SOUR CREAM (Austrian)

Make the pancakes in the ordinary way and, before rolling, spread with a little sour milk, beaten up with sugar and flavoured with vanilla.

## BLEENY OR RUSSIAN PANCAKES

*Ingredients:*  $\frac{3}{4}$  lbs. buckwheat flour,  $1\frac{1}{2}$  pints milk,  $\frac{1}{4}$  lb. butter, just under 1 oz. yeast, 3 eggs, pinch of salt.

*Method:* Dissolve the yeast in  $\frac{1}{2}$  pint of warm milk and make a dough with a little flour. Let this stand in a warm place for 2 hours. Then add the rest of the flour, the yolks of eggs, the salt, and the remaining warm milk. Mix thoroughly but do not let the mixture get too thick. Lastly, add the whites of eggs beaten to a stiff froth and let stand for another  $\frac{1}{2}$  hour. Proceed in the same manner as in the making of pancakes, using a very small pan.

Another recipe for bleeny is the same as the above, except that 6 tablespoons of cream are added to the mixture and ordinary flour can be used or half the amount of buckwheat and half of white flour.

Bleenies are eaten with caviar, butter or sour cream.

OLADYI (Russian)  
(A small kind of pancake)

*Ingredients:* 1 pint of milk,  $1\frac{1}{4}$  lbs. flour, 1 oz. yeast, 1 tablespoon melted butter, 2 or 3 eggs,  $\frac{1}{2}$  teaspoon salt, the same of sugar.

*Method:* Make a dough with the flour, warm milk and yeast, and set it in a warm place to rise. When it has risen, work well, adding the eggs, the salt and sugar. Let it stand again. When ready, proceed as in the making of pancakes, but using a smaller pan. Brown on both sides and serve with sugar, jam or syrup.

## CRÊPES DU COUVENT

Put a thin layer of pancake mixture in the buttered pan, sprinkle with pears cooked in syrup and cut in very small dice, and cover with another thin layer of pancake batter. Proceed in the usual manner. Serve without folding.

## CRÊPES GIL-BLAS

Cream  $3\frac{1}{2}$  ozs. of butter and add the same quantity of sugar. Add 1 teaspoon nut butter, made by pounding 2 or 3 hazel nuts and working to a paste with a little less than 1 oz. of butter. Make the pancake batter in the same manner as indicated in Crêpes à la Parisienne (p. 580) and, before folding the pancakes, spread with the mixture.

## CRÊPES À LA NORMANDE

Proceed as in recipe for Crêpes du Couvent (p. 579), but using diced apples, previously lightly cooked in butter.

## CRÊPES À LA PARISIENNE

*Ingredients:*  $\frac{1}{2}$  lb. flour, 3 ozs. sugar, 5 eggs, 8 tablespoons cream, 1 tablespoon brandy, pinch of salt,  $1\frac{1}{2}$  ozs. butter,  $\frac{1}{2}$  pint milk, 4 ozs. finely crushed macaroons.

*Method:* Put the flour, sugar and the pinch of salt in a terrine or a salad bowl, make a well in the centre, and put in the eggs, one at a time, mixing in the flour gradually with a wooden spoon. Then add the milk, to which the melted butter has been added gradually, and start beating the mixture. Finally, add the cream and the crushed macaroons. Let the mixture stand in the kitchen for at least one hour, and then add the brandy just before making the pancakes. Put a very small piece of butter in a small frying-pan, and when hot put a little of the mixture into it, tipping the pan from side to side so that there is a thin and even layer all over the pan. Cook one side till done, then toss and do the other side. Fold, sprinkle with sugar, and serve very hot. Hot brandy is sometimes poured over the pancakes and set alight.

## CRÊPES SUZETTE

The same batter as Crêpes à la Parisienne (p. 580), but omitting the macaroons and the brandy. Before folding, spread each pancake with equal parts of sugar and butter worked to a cream and flavoured with Curaçoa and tangerine juice. Fold the pancakes, sprinkle with sugar and pour hot Curaçoa over them and set alight.

## PÊCHES À LA BOURDALOUE

There are several ways of preparing fruit à la Bourdaloue. They are sometimes dressed on a flan crust, and sometimes served with a rice border, etc. But the simplest way is to put a layer of Crème Frangipane (p. 547) in a shallow fireproof dish, over this place the peaches, previously cooked in a light syrup, and cover the peaches with more of the cream. Put in a brisk oven and brown lightly.

## PEARS À LA BOURDALOUE

The same as foregoing recipe, but using pears, poached or cooked in syrup.

## SOUFFLÉS

The proportions of ingredients for a soufflé sufficient for 4 people are as follows: 6 tablespoons milk,  $1\frac{1}{2}$  ozs. sugar, 1 tablespoon flour,  $\frac{1}{2}$  oz. butter, the yolks of 2 eggs and the whites of 3.

Boil the milk and the sugar and add the flour, diluted with a little cold milk and cook for exactly 3 minutes. Remove from the fire and work in the 2 yolks of egg and the butter. When nearly cold, add the whites, beaten to a very stiff froth.

For a Fruit Soufflé the proportions are as follows:  $\frac{1}{2}$  lb. sugar, 6 ozs. fruit purée (made by rubbing either cooked or uncooked fruit through a sieve, p. 558 for fruit purée), and the whites of 5 eggs.

Cook the sugar to the degree of Great Crack (p. 549), remove from the fire and at once stir in the fruit purée. Pour the mixture over the whites of eggs beaten to a very stiff froth, and mix lightly.

The soufflés are cooked in a buttered soufflé dish or in small individual soufflé dishes. Cook in a moderately hot oven, being careful not to open the oven door during the first five minutes, as cold air will prevent the mixture from rising. Cook for 20 to 25 minutes, regulating the heat if necessary, and 5 minutes before serving sprinkle the top of the soufflé with a little sugar. Soufflés should be served as soon as they are done, and must be carefully watched and accurately timed. Serve in the soufflé dish.

## ALMOND SOUFFLÉ

The same as first soufflé recipe, given in preceding recipe, but using milk flavoured with almonds, and adding 2 ozs. blanched almonds, very thinly sliced.

## BURNT ALMOND SOUFFLÉ

The same as preceding recipe, but using blanched and lightly browned almonds, finely chopped.

## APPLE SOUFFLÉ

Make an apple purée by rubbing cooked apples through a sieve, and proceed as directed for the making of fruit soufflés (above).

## APRICOT SOUFFLÉ

Same as preceding recipe, but flavoured with a little kirsch or maraschino.

## BANANA SOUFFLÉ

Skin the bananas and rub through a sieve. Proceed as in the making of fruit soufflés (above). The banana soufflé mixture can

also be put in the banana skins, if the bananas have been carefully peeled, and baked in the skins, instead of in a soufflé dish.

### CHERRY SOUFFLÉ

Make a plain soufflé as in first recipe for soufflés, but flavouring it with 1 tablespoon of kirsch. Serve with it a Cherry compôte (p. 673) mixed with either raspberry or strawberry purée (pp. 548).

### CHOCOLATE SOUFFLÉ

The same as Vanilla soufflé (below), but with 2 ozs. of melted chocolate to every 6 tablespoons of milk.

### CURAÇAO SOUFFLÉ

A plain soufflé mixture (p. 581) flavoured with a little grated orange peel and a liqueur glass of curaçao to every 6 tablespoons milk.

### LEMON SOUFFLÉ

The same as preceding recipe, but without the liqueur and flavoured with 1 tablespoon lemon juice to every 6 of milk.

### JAVANESE SOUFFLÉ

The same as plain soufflé mixture (p. 581) but using 6 tablespoons of tea instead of milk, and adding 2 ozs. finely chopped pistachio nuts.

### SOUFFLÉ PAULETTE

The same as Vanilla Soufflé (below), but adding 5 or 6 very small macaroons, previously soaked in kirsch. Serve with either strawberries or raspberries.

### STRAWBERRY SOUFFLÉ

See Fruit Soufflés (p. 581).

### VANILLA SOUFFLÉ

A plain soufflé mixture (p. 581) flavoured with vanilla. Use 1 teaspoon vanilla essence to every 6 tablespoons milk, or a small piece of grated vanilla pod added to the milk.

### SOUR MILK QUENELLES (Austrian)

*Ingredients:*  $\frac{1}{2}$  lb. solid sour milk or cream,  $1\frac{1}{2}$  ozs. butter, 2 eggs, 3 tablespoons sugar, pinch of salt, flour, butter, breadcrumbs.

*Method:* Cream the butter, then add the yolks, beating and mixing thoroughly. Mix in the sour milk or cream and the sugar. Finally add the whites of eggs beaten to a stiff froth. Add sufficient flour for the mixture to be firm enough to roll into small balls. Poach them in boiling water for 5 minutes. Have ready a frying



pan with melted butter and breadcrumbs, put the quenelles in this, shake the pan, so that they will be evenly coated and slightly browned. Remove from the pan and sprinkle with sugar. The sugar in the mixture is often omitted and the quenelles are merely sprinkled with sugar when they are done.

### WAFFLES

Beat up 4 ozs. flour with 6 ozs. cream and  $\frac{1}{2}$  lb. sugar. Mix till quite smooth and liquid. Have ready the hot and well-buttered or greased waffle irons and pour a little of the mixture in the iron—only sufficient to barely cover the elevations. Close the iron and turn it over. Bake to a light golden colour on both sides or cook over a gas ring, turning the iron so as to brown both sides evenly. Remove from the waffle iron and keep hot while the others are being made. They can be eaten with either butter or sugar, or with both.

### AMERICAN WAFFLES

*Ingredients:*  $\frac{3}{4}$  lbs. flour, 1 pint milk, 2 eggs, 1  $\frac{1}{2}$  teaspoons baking powder, 1 large tablespoon butter, 1 teaspoon salt.

*Method:* Mix the flour, baking powder and salt and sift. Put the milk in a saucepan and bring to the boil, and when nearly cold add the melted butter. Add the yolks of eggs and the whites to the milk, both beaten separately, and add the flour gradually, making a light batter. Have the waffle irons thoroughly hot, brush them over carefully with a brush dipped in a little melted lard or butter. Pour the batter in a jug and pour sufficient on the waffle iron barely to cover the elevations. Close the iron and turn it over. Bake the waffle for 2 or 3 minutes till a light golden brown. Remove the waffle, put it in the oven to keep warm while the others are being made, and repeat the process till the batter is used up. Waffles are usually eaten with butter and maple syrup or with molasses.

### FLEMISH WAFFLES

Mix  $\frac{1}{4}$  lb. flour in a basin with  $\frac{1}{2}$  oz. yeast, dissolved in a little warm water. Work well and set to rise. Then work in  $\frac{1}{4}$  lbs. flour mixed with pinch of salt and pinch of sugar, 8 whole eggs, slightly beaten, and  $\frac{1}{2}$  pint cream boiled with 2 ozs. butter. Let the mixture stand for 2  $\frac{1}{2}$  hours in a warm place or in a cool oven. The batter should be somewhat liquid. Proceed as in previous recipes. Sprinkle with sugar and serve very hot.

### NORWEGIAN WAFFLES

The batter for these consists of 4 well-beaten eggs, 2 to 3 table-spoons sugar,  $\frac{1}{2}$  lb. flour and 1 pint sour cream or milk, all beaten together till quite light. Cook as in preceding recipes.

*Puddings*

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### ALMA PUDDING

Cream 6 ozs. castor sugar and 4 ozs. butter and beat in 4 eggs. Add 8 ozs. flour, 2 ozs. currants, 2 ozs. sultanas, 1 teaspoon baking powder and the grated rind of 1 lemon. Pour the mixture into a well buttered basin or mould and steam for 2 hours. Serve with an appropriate sauce.

### BAKED ALMOND PUDDING

Cream 2 ozs. butter and sugar, beat in 2 whole eggs, add 2 ozs. ground almonds, 2 ozs. either cakecrumbs or breadcrumbs, and finally  $\frac{1}{2}$  pint warm milk. Beat well, put in a greased pie-dish, lined with puff-pastry, and bake in a hot oven for 20 to 30 minutes.

### ALMOND SOUFFLÉ PUDDING

Cream 4 ozs. butter in a basin, add 4 ozs. castor sugar and 4 ozs. flour and gradually  $\frac{3}{4}$  pints boiled milk of almonds (p. 681, blancmange). Boil this mixture, stirring it well. Put it over a quick fire and dry it as in the making of Chou Paste (p. 545). Remove from the fire and thicken with the yolks of 5 eggs, then carefully mix in the 5 whites, beaten to a stiff froth. Pour into a buttered mould and cook till set, in a double saucepan. Custard (p. 570) or Zabaione (p. 568) can be served with this.

### APPLE PUDDING, BAKED

Peel, core and slice thinly 5 or 6 sour apples, and cook till tender in a saucepan with a little butter, a few tablespoons of water, and a few tablespoons sugar according to taste. Place them in a well-buttered pie-dish, thickly coated with breadcrumbs, cover with more breadcrumbs, dot with a few pats of butter, cover with greased paper, and bake in a moderate oven for about 45 minutes.

### APPLE PUDDING, BOILED (1)

*Ingredients:* 6 ozs. suet, 12 ozs. flour, 1 teaspoon baking powder, 2 lbs. apples, 2 tablespoons moist sugar and 6 cloves (optional).

*Method:* Peel and core the apples and cut them into thick slices. Make a paste as directed for Suet Pastry or Crust (p. 542). Roll out the pastry, leaving enough over to make a lid, and line a pudding basin, previously well greased. Put in half the fruit, then sugar and the cloves if used, then the rest of the fruit. Add  $\frac{1}{2}$  gill of cold water. Roll out the pastry for the lid, moisten the edges,

and place on top. Join the edge of the pastry forming the lid to the edge of the pastry lining the basin. Trim with a knife. If the pudding is to be boiled, cover with a well-floured cloth, but if it is to be steamed, folded greased paper can be used. Cook from  $2\frac{1}{2}$  to 3 hours.

### APPLE PUDDING, BOILED (2)

Mix  $\frac{1}{4}$  lb. chopped apples in a basin with  $\frac{1}{4}$  lb. finely-shredded suet,  $\frac{1}{4}$  lb. breadcrumbs,  $\frac{1}{4}$  lb. brown sugar, and add 2 well-beaten eggs, and a little milk to moisten—about 1 gill. Put in a pinch of salt and a little grated nutmeg. Let the mixture stand for about 45 minutes, add a little more milk, and put in a greased basin. Steam for 2 to  $2\frac{1}{2}$  hours.

### APRICOT PUDDING, BAKED

Cook about 2 lbs. apricots in a light syrup till soft. Boil 1 pint milk, pour it over  $\frac{3}{4}$  pints fresh breadcrumbs and let stand for 30 minutes. Rub the apricots through a sieve, add the juice of 1 lemon, 3 tablespoons moist sugar, 1 glass sherry (optional), 3 yolks and 1 white of egg and mix well together. Line the edges of a pie-dish with short crust (p. 541), decorating with fancy shapes. Add the milk and breadcrumbs to the rest of the ingredients, pour into the pie-dish and bake in a moderate oven until set. Whip the whites of egg, add 1 tablespoon castor sugar, and when the pastry is  $\frac{3}{4}$  baked and the apricot mixture set, garnish the top with the beaten egg. Sprinkle with more castor sugar and decorate with strips of crystalized apricot. Bake till meringue is a pale fawn colour. Serve either hot or cold.

### AUSTRIAN PUDDING

Mix the yolks of 4 eggs and 2 ozs. castor sugar in a basin to a cream, add 4 ozs. cake crumbs, 2 ozs. ground almonds, 1 tablespoon cream,  $\frac{1}{2}$  oz. clarified butter (p. 24) and lastly the whites of the eggs beaten to a stiff froth. Make a purée with 1 pint of raspberries and pour it into a buttered soufflé dish. Cover with the rest of the ingredients, decorate with halved glacé cherries and bake in a moderate oven for 30 minutes. Serve hot.

### BACHELOR'S PUDDING

*Ingredients:*  $\frac{1}{4}$  lb. chopped apples, the same of currants, the same of breadcrumbs, 3 whole eggs, 2 ozs. sugar, 1 level teaspoon baking powder, grated lemon rind to taste, pinch grated nutmeg.

*Method:* Put the chopped apples in a basin with the breadcrumbs, currants, sugar, lemon rind and nutmeg, and mix thoroughly. Then add the beaten eggs and work well together. Let stand for about 30 minutes, stir in the baking powder, and moisten with a little milk. Put in a buttered basin and steam for 3 hours.

## BAKEWELL PUDDING

Put a good layer of apricot jam in a pie-dish. Beat well the yolks of 4 eggs and the whites of 2 and gradually add 4 ozs. castor sugar. When well mixed add slowly, 4 ozs. clarified butter and a little flavouring to taste. Fill the dish  $\frac{3}{4}$  full, and bake in a moderate oven for nearly an hour.

## BANANA PUDDING

Cream 1 oz. butter and 4 ozs. castor sugar and beat in the yolks of 3 eggs, one at a time. Stir in 4 ozs. flour, add  $\frac{1}{2}$  gill milk or cream and 2 bananas thinly sliced. Whip the whites of the 3 eggs to a stiff froth, add them lightly to the rest of the ingredients and pour all into a well-buttered mould. Steam or bake for 1 to 1  $\frac{1}{4}$  hours. Serve with a sweet sauce.

## BANANA PUDDING (American)

Line a baking dish with slices of stale cake, peel and slice 6 bananas, put a layer over the cake, and then cover with a thin layer of custard. Cover with another layer of cake, then bananas, etc., till all the ingredients are used up, finishing with a covering of custard. Cover with paper, bake for 30 minutes, brown slightly and serve cold.

## BARONESS PUDDING

Mix well together,  $\frac{3}{4}$  lbs. flour,  $\frac{3}{4}$  lbs. suet,  $\frac{3}{4}$  lbs. stoned raisins and a saltspoon salt. Add  $\frac{1}{2}$  pint milk and stir well. Put into a well-greased basin and steam or boil for about 3 hours. Serve with an appropriate sweet sauce, or with sugar.

## BATTER PUDDING (Sweet)

Make a thick, smooth batter with about 1 pint milk, 4 heaped tablespoons flour, 2 whole eggs and a little salt. Beat thoroughly and let it stand for at least 1 hour. Beat up once more, and pour into a pie-dish coated with hot dripping. Bake for about 30 minutes in a quick oven. This is sometimes served with jam or stewed fruit, or with butter and sugar, or just with sugar. Raisins, currants, or fresh or tinned fruits are sometimes added to it.

## BETSY PUDDING

Boil 2 pints milk and pour it over 1 lb. stale bread, cover and let it stand for 30 minutes, then beat with a fork to free it from lumps. Add 2 ozs. finely chopped suet, 2 ozs. sugar, 2 eggs well beaten, and mix thoroughly. Put a layer of this mixture in a pie-dish and cover with a layer of jam or stewed fruit, then another layer of the mixture, etc., until the dish is full, the last covering being a thick layer of the mixture. Bake in a moderate oven for 1 hour and serve hot.

**BILBERRY PUDDING, BOILED**

See Boiled Fruit Puddings in general (p. 593).

**BISCUIT PUDDING**

Break up 8 ozs. sponge fingers in a saucepan and add 1 pint boiling milk in which 5 ozs. sugar have been melted. Stir over the fire and add 5 ozs. candied fruit, cut small, and currants, both previously sprinkled with a little kirsch, 3 yolks of egg, 4 ozs. melted butter and the whites of 5 eggs beaten to a stiff froth. Pour into a low mould or pie-dish and cook in a pan of boiling water. Serve with Apricot sauce (p. 546).

**BLACK CAP PUDDING**

Make a thin light sweet batter (p. 587), and just before it is poured into a well-greased basin, add a quantity of currants; these will sink to the bottom of the basin and blacken the surface of the pudding. Bake as usual. If the batter is too thick for the currants to sink to the bottom, sprinkle the currants in the basin before pouring in the batter.

**BREAD PUDDING**

Put 3 ozs. sugar and a pinch of salt in 1 pint of milk and when boiling pour it over  $\frac{1}{2}$  lb. finely grated breadcrumbs. Add 1 oz. butter, cover with a plate and let it stand for 30 minutes. Then stir in 4 or 5 well-beaten eggs, a flavouring of nutmeg or lemon rind, sugar to taste and 1 glass brandy (optional). Pour the mixture into a well-buttered mould or basin holding  $1\frac{1}{2}$  pints, so that the basin is quite full. Tie a paper and a cloth over, tightly, and boil for exactly 1 hour and 10 minutes. Candied peel and currants are sometimes added to this pudding.

**BREAD AND BUTTER PUDDING**

*Ingredients:* A few slices of somewhat thin buttered bread, 2 or 3 eggs, 2 or 3 tablespoons sugar, a few sultanas and raisins. Milk.

*Method:* Remove the crust from the bread and arrange the slices in layers in a buttered pie-dish, sprinkling raisins and sultanas between each layer. Beat the eggs with about 1 pint milk and the sugar, and half fill the pie-dish with the mixture. Stand for about 45 minutes and bake in a moderate oven for about 1 hour, till the top of the pudding is lightly browned.

**BROWN BREAD PUDDING**

Mix together  $\frac{1}{2}$  lb. stale brown breadcrumbs,  $\frac{1}{2}$  lb. finely chopped suet,  $\frac{1}{2}$  lb. currants, a good pinch of salt, 3 ozs. sugar, a little grated nutmeg, 2 ozs. candied peel, 2 well-beaten eggs and a glass of brandy. When well mixed put into a basin, tie with a cloth, and boil for  $3\frac{1}{2}$  hours. Serve with Port Wine sauce (p. 68).

## CABINET PUDDING

A plain, well-buttered mould with straight sides is lined with thin strips of either sponge cakes or sponge fingers, the bottom being ornamented with crystallized cherries cut in half and strips of candied angelica. Over this are placed a few coarsely chopped sponge cakes or sponge fingers and a few ratafia biscuits. Make a custard with  $\frac{3}{4}$  pints milk, the yolks of 4 eggs and the whites of 2, 1 tablespoon sugar and a little vanilla essence. Pour this mixture into the mould, and steam or bake slowly for 1 hour. Turn out carefully.

## CANARY PUDDING

This simple pudding is made by creaming 2 ozs. of butter with 3 of sugar, adding 2 eggs, and stirring in  $\frac{1}{4}$  lb. flour, and 1 teaspoon baking powder. The mixture is well beaten, and a little milk added gradually. When of the right consistency it will drop slowly from the spoon. Pour into a buttered mould, and steam for about 1 hour. Jam sauce is usually served with this.

## CARMEL PUDDING

Make a custard with the yolks of 4 eggs and the whites of 2 eggs,  $\frac{1}{2}$  pint milk, 1 or 2 tablespoons castor sugar and a few drops of any liquid flavouring, according to taste. Make a light caramel with 2 ozs. lump sugar and 2 tablespoons water. When of a light golden colour, pour into a plain mould, turn the mould and tilt it so that it will be evenly coated with the caramel, strain the custard into it, and steam very slowly for about 40 minutes. Turn out carefully and, if the caramel has been properly done and is not too thick, no other sauce will be required, as it runs when the pudding is turned out of the mould, and should be sufficient.

## CASTLE PUDDING

Weigh 4 eggs and take the same weight of flour, sugar and butter. Beat the 4 eggs until very light and add the sugar gradually. Continue beating and then add the flour gradually. When thoroughly blended pour in the butter, which should be slightly melted but not hot, in small quantities, beating it in to the mixture before adding more. Season with a pinch of salt and  $\frac{1}{2}$  grated rind of lemon, or other flavouring. Pour the mixture into well-buttered cups or small moulds and bake in the oven for 20 to 25 minutes. Serve with a Wine or other appropriate sauce (p. 73).

## CHERRY PUDDING, BAKED

Cook 1 lb. stoned cherries in a light syrup with a small piece of cinnamon until tender, and allow them to cool. Heat 1 gill of cream and add to it 3 ozs. flour which has been made into a smooth paste with about 2 tablespoons milk and boil. Add 2 ozs.

castor sugar and a good pinch of salt. Let it cool slightly and then beat in the yolks of 4 eggs, one at a time, then add the grated rind of  $\frac{1}{2}$  lemon and lastly the whites of egg, beaten to a stiff froth. Put a layer of cherries in a well-buttered mould, cover with a layer of the mixture and repeat until the mould is full. Cover with greased paper and bake in a moderate oven for about 40 minutes. Serve with a sweet sauce or syrup.

### CHERRY PUDDING, BOILED

See Boiled Fruit Puddings in general (p. 593).

### CHERRY BREAD PUDDING

Pound  $\frac{1}{2}$  lb. stoned cherries in a mortar. Put the pulp in a small preserving pan with a gill of claret or port wine and 2 or 3 ozs. sugar. Boil for about 5 minutes, removing the scum as it rises, then rub the whole through a sieve and pour into a fire-proof dish. Cut 6 slices of bread without crust into the shape of eggs and fry to a light golden colour in clarified butter. Drain on a cloth or paper and arrange them in rows in the purée of cherries. Sprinkle with sugar and put in a moderate oven for 10 minutes.

### CHESTER PUDDING

Beat the yolks of 4 eggs with 2 ozs. castor sugar until quite smooth. Add 2 ozs. butter slightly warmed, 1 tablespoon ground almonds, a few drops of essence of almonds, and the finely grated rind and juice of 1 lemon. Line a pie dish with paste (p. 541), pour in the mixture and put in a moderate oven for about 20 minutes until just set. Beat the whites to a stiff froth and cover the pudding. Sprinkle well with castor sugar and put in a quick oven until the whites are slightly browned. Serve either hot or cold.

### CHESTNUT PUDDING

Boil about 30 chestnuts, and rub them through a sieve. Put them in a stew-pan with  $\frac{1}{2}$  pint milk (or cream), 2 ozs. butter,  $\frac{1}{4}$  lb. sugar, a pinch of salt and a few drops of vanilla essence. Stir over the fire until the mixture thickens, being careful that it does not stick to the pan. Remove from the fire, add 4 yolks of egg, and the whites beaten to a stiff froth. Pour into a buttered mould and steam for about  $1\frac{1}{4}$  hours. Turn out carefully and serve with Apricot sauce (p. 546).

### CHOCOLATE PUDDING

Dissolve  $\frac{1}{4}$  lb. chocolate in  $\frac{1}{2}$  pint milk. Stir till quite smooth; remove from the fire and let stand till cool. Melt 2 ozs. butter in a saucepan, gradually stir in the same quantity of flour, then



add gradually the dissolved chocolate, stirring continuously and gradually bringing to the boil. Add 2 ozs. of either bread or cake crumbs, and stir till the mixture thickens. Remove from the fire and, when slightly cool, beat in the yolks of 2 eggs and the whites beaten to a froth. Flavour with a little vanilla essence. Pour into either a well-buttered mould or pie-dish and bake for about 45 minutes to 1 hour, or steam for a little longer. Custard or Vanilla sauce are served with this (p. 570).

#### COCONUT PUDDING (American)

Beat 2 eggs till very light, add  $\frac{1}{2}$  cup sugar gradually, a little grated nutmeg, 1 cup grated coconut, and 1 pint boiled milk, which should be allowed to cool. Mix, beat all thoroughly, and put in a pie-dish lined with slightly baked pie crust. Bake in a moderate oven for about 30 minutes.

#### COLLEGE PUDDING (1)

Beat the yolks and whites of 4 eggs together in a basin, add 2 ozs. flour, 3 ozs. sugar,  $\frac{1}{2}$  a grated nutmeg and a little ginger. Beat to a smooth batter, add 6 ozs. finely-chopped suet, 6 ozs. currants, and mix all well together. (A glass of brandy or white wine will improve it.) These puddings were generally fried in butter or lard, but are nicer baked in the oven in patty pans. They take 20 minutes to bake, and should be served with a Wine or Brandy Butter (pp. 549, 547).

#### COLLEGE PUDDING (2)

This is a more modest and economical version of College Pudding. Mix  $\frac{1}{4}$  lb. finely-chopped suet in a basin with the same quantity of breadcrumbs, 2 ozs. sultanas, 2 ozs. raisins, a little ground cinnamon, cloves, nutmeg,  $\frac{1}{2}$  teaspoon baking powder, and pinch of salt. When thoroughly mixed, add 2 whole eggs, well beaten, pour into dariole moulds, and bake for about 25 to 30 minutes, or steam, allowing a little more time. Serve with Wine or Brandy Butter (pp. 549, 547).

#### CORNFLOUR PUDDING

Mix 2 tablespoons cornflour to a smooth paste with a little milk, and dilute with just under 1 pint boiling milk, stirring continuously. Put the mixture back in a saucepan and stir till it thickens. Remove from the fire and, when cool, add 1 or 2 tablespoons sugar, the well-beaten yolks of 2 eggs, pinch of salt, little grated lemon rind, and stir for a few minutes over a very slow fire. Finally add, off the fire, the whites of eggs beaten to a stiff froth. Pour the mixture into a buttered pie-dish and bake in a moderate oven for about 30 to 35 minutes.

## CUMBERLAND PUDDING

Beat well 3 eggs and mix in 6 ozs. flour, 4 ozs. finely-chopped suet, 6 ozs. coarsely chopped apple and 4 ozs. currants. Season with a pinch of salt and nutmeg. When thoroughly mixed, put into a buttered basin and steam for  $2\frac{1}{2}$  hours, or boil for 2 hours. Serve with a hot sauce.

## CURATE'S PUDDING

Put a layer of rhubarb, pared and cut into short lengths, into a basin with a spoonful or two of brown sugar. Cover with slices of bread, add another layer of rhubarb and sugar and then bread until the basin is nearly full and finish with a deep layer of fine breadcrumbs well mingled with sugar. Pour over a little clarified butter (p. 24), and bake in a quick oven for 30 to 40 minutes. Sliced apples make a good substitute for rhubarb.

## BLACK OR RED CURRANT PUDDING, BOILED

See Boiled Fruit Puddings in general (p. 593).

## CURRANT PUDDING

Mix  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. finely-chopped suet, and 1 lb. flour together with a little milk to make a stiff batter. Boil the mixture gently, in a floured cloth, for  $2\frac{1}{2}$  hours. Serve with slices of lemon, sugar and butter.

## DAMSON PUDDING, BOILED

Line a pudding basin as directed for Apple Pudding, Boiled, (p. 585), half fill it with damsons, add 2 or more tablespoons brown sugar and fill with the remainder of the fruit. Cover with the pastry lid as in Apple Pudding and boil for  $2\frac{1}{2}$  to 3 hours.

## DATE PUDDING

Stone and chop finely  $\frac{1}{2}$  lb. dates, mix with  $\frac{1}{2}$  lb. finely-chopped suet, 1 lb. flour, and pinch of salt. Moisten with either a little milk or water. Put into a well-greased basin and steam or boil for about  $2\frac{1}{2}$  to 3 hours.

## DRACHONA (Russian)

Cream 2 ozs. butter and add it to 3 yolks of eggs, previously beaten with  $\frac{1}{4}$  lb. icing sugar. Blend thoroughly  $1\frac{1}{4}$  lbs. flour with 1 pint milk, add the yolks of egg mixture and a pinch of salt, mixing and beating well. Melt a tablespoon of butter in a pan, pour the mixture into it and bake in the oven for 30 minutes.

## EMPRESS PUDDING

Simmer  $\frac{1}{4}$  lb. rice in about 1 quart milk until soft and fairly dry, then add 2 ozs. butter, 1 tablespoon sugar and a good

pinch of salt. Line the edge of a pie-dish with short crust (p. 541), and put a thin layer of rice on the bottom of the dish, cover well with stewed fruit or jam, add another layer of rice and repeat until the dish is full, the last layer being of rice. Bake in a moderate oven for 30 minutes and serve with boiled custard (p. 570).

### EVE'S PUDDING

Mix 6 ozs. breadcrumbs with 6 ozs. chopped apples, 6 ozs. finely-chopped suet, and 6 ozs. currants or sultanas. Add the yolks of 4 eggs well beaten, 2 or 3 tablespoons of sugar to taste, and a little grated lemon rind. Tie in a greased basin and boil for about 3 hours.

### EXETER PUDDING

Mix 5 ozs. breadcrumbs with  $3\frac{1}{2}$  ozs. finely-chopped suet, 2 ozs. sago, 3 ozs. brown sugar, 3 well-beaten eggs, 1 wine glass rum, and two or three tablespoons of cream or milk. Coat a well buttered basin with breadcrumbs and cover the bottom with ratafias. Put a layer of the mixture over and then cover with slices of sponge cake spread with jam; then add more ratafias, etc. the last layer being of the mixture. Bake in a moderate oven for 1 hour and serve with a sauce made of black currants (see sauces for sweets, p. 548).

### FIG PUDDING

Mix  $\frac{1}{2}$  lb. finely-chopped figs in a basin with 6 ozs. finely-chopped suet,  $\frac{1}{4}$  lb. flour,  $\frac{1}{4}$  lb. breadcrumbs,  $\frac{1}{4}$  lb. sugar, pinch of salt, and pinch of nutmeg. Add 2 beaten eggs, and moisten with about  $\frac{1}{2}$  pint milk. Mix all thoroughly, put into a buttered or greased mould or basin, and steam for 3 to  $3\frac{1}{2}$  hours.

### BOILED FRUIT PUDDINGS IN GENERAL

See Damson Pudding (p. 592). The following are usually used for these puddings, the amount of sugar depending on the sweetness of the fruit: bilberries, cherries, currants, gooseberries, greengages, plums and rhubarb.

### GENOESE PUDDING

Take 3 eggs and measure out an equivalent weight of flour, sugar and butter. Cream the butter and sugar, and continue beating, adding one egg at a time with a portion of the flour and a little lemon or vanilla essence. Butter and line a thin square tin with paper, pour the batter into it, and put it in the oven. When set sufficiently to raise it from the paper, take it out. Spread with jam, roll it up and put it back in the oven till firm. Sprinkle with sugar and serve.

## GERMAN PUDDING

Cut into small pieces 6 ozs. Genoa or other kind of cake, add the grated rind of 1 lemon, 2 ozs. sweet almonds and 4 bitter almonds, pounded in a mortar, and 3 ozs. sultanas. Mix together and add Crème Moulée au Caramel (p. 555), and a glass of Madeira. Fill a well-buttered mould and steam for about 2 hours. Turn out and serve with Sauce with Nuts (p. 570).

## GINGER PUDDING (1)

Mix 12 ozs. flour with half the quantity of finely-shredded suet, 1 teaspoon ground ginger, 1 teaspoon of baking powder, and a pinch of salt. Then stir in gradually 12 ozs. treacle and 1 gill milk. When thoroughly mixed, put in a greased basin, cover with greased paper, and steam for 2 to 2½ hours. Some sweet sauce is served with this.

## GINGER PUDDING (2)

Put ½ pint milk, 2 ozs. sugar, 2 ozs. butter and a pinch of salt into a stewpan. As soon as they begin to simmer, take off the fire and add 6 ozs. flour, stirring well. Put the pan back on the fire, stirring continuously. After about 5 minutes withdraw from the fire and add gradually 3 eggs, which have been mixed with a little of the hot mixture in a basin beforehand. Now add 4 ozs. preserved ginger cut into small pieces and pour into a buttered mould. Steam for 1½ hours and serve with custard, flavoured with ginger.

## GOLDEN PUDDING

Mix 4 ozs. breadcrumbs with 4 ozs. finely-chopped suet, 2 ozs. sugar and a good pinch salt. Beat up 2 eggs, add 4 ozs. of marmalade and little milk. Stir this into the mixture and when well mixed put into a greased mould or basin, cover with greased paper and steam for 2 to 2½ hours. Serve with Marmalade sauce (p. 548).

## GOOSEBERRY PUDDING, BOILED

See Boiled Fruit Puddings in general (p. 593).

## GOOSEBERRY PUDDING, BAKED

Cook 1½ pints gooseberries in a light syrup and rub them through a sieve. Add to the purée ½ pint breadcrumbs 1½ ozs. butter, 2 ozs. sugar and 3 well-beaten eggs. Line the edge of a pie-dish with short crust and pour in the mixture. Bake for about 40 minutes, sprinkle well with sugar and serve hot.

## GREENGAGE PUDDING, BOILED

See Boiled Fruit Puddings in general (p. 593).

## GROUND RICE PUDDING

Boil 1 pint milk, sprinkle in 3 ozs. ground rice, simmer for 20 to 25 minutes, and stir in 1 or 2 tablespoons sugar, about 1 oz. of butter, and a flavouring of either vanilla or a bayleaf. Remove from the fire and, when slightly cool, add 2 beaten eggs. Put into a buttered pie-dish and bake in a moderate oven for about 30 minutes or a little longer.

## HASTY PUDDING

This is an extremely simple, almost primitive kind of pudding, made by boiling milk, sprinkling in sufficient tapioca, sago or even flour, to thicken the milk, and stirring vigorously. Sugar is added, according to taste. The mixture is simmered for 10 minutes or so, and served with sugar and cream, treacle or jam.

## HUNTER PUDDING

Mix 12 ozs. flour with 4 ozs. finely-chopped suet, 6 ozs. stoned raisins, halved, 3 ozs. sugar, a teaspoon baking powder and a good pinch of salt. Add  $\frac{1}{4}$  pint milk and stir to a paste. Shape the mixture into 1 or more rolls, tie, and boil in pudding cloths for about 2 hours.

## INDIAN CORN PUDDING (American)

Pour sufficient boiling water on to 2 cups of Indian corn meal to wet it thoroughly, and beat in 4 ozs. butter. Add 4 ozs. castor sugar and pinch salt, beating thoroughly. Then add about  $\frac{3}{4}$  pints milk, stirring well, and about 4 tablespoons of molasses and 4 ozs. raisins. Season with a little cinnamon and powdered nutmeg. Mix thoroughly and bake for  $2\frac{1}{2}$  to 3 hours. Serve cold with cream.

## IRISH PUDDINGS

Take 1 egg and its weight in butter, sugar and flour. Beat this mixture well for nearly 15 minutes, and flavour with a little lemon juice and grated lemon peel. Pour into small tins and bake for about 20 minutes.

## LEMON PUDDING, BAKED

Mix  $\frac{1}{2}$  pint milk with 2 ozs. crushed ratafias, 4 ozs. castor sugar, 3 eggs, the juice of 2 lemons and the rinds grated on sugar,  $\frac{1}{2}$  nutmeg grated, a little cinnamon and a pinch salt. Whisk for about 10 minutes. Put a border of puff paste (p. 539) around a buttered pie-dish, and pour in the mixture. Strew some chopped pistachio nuts on the top and bake for about 30 minutes in a moderate oven. Sprinkle over some sugar and serve.

## LEMON PUDDING, BOILED

Mix 8 ozs. breadcrumbs with 4 ozs. finely-chopped suet, 2 ozs. flour and 4 ozs. sugar. Add the yolks of 2 eggs well beaten, and the juice and finely-grated rinds of 2 lemons. Then add milk gradually until the mixture is stiff yet thoroughly moist. Put into a buttered basin and steam for about  $2\frac{1}{2}$  to 3 hours. Serve with custard.

## MADEIRA PUDDING

Cream 5 ozs. butter, add to it a  $\frac{1}{4}$  lb. flour,  $\frac{1}{4}$  lb. sugar, 4 beaten eggs, and a  $\frac{1}{4}$  lb. candied citron peel, cut into  $\frac{1}{2}$ -inch pieces. Beat well for 10 minutes. Butter a mould or basin, put about 2 ozs. citron in thin slices round the bottom and put in the mixture. Tie closely and boil in a large saucepan for  $1\frac{1}{2}$  hours. Turn out and sprinkle well with sugar and serve.

## MARMALADE PUDDING

Mix  $\frac{1}{2}$  lb. finely-minced suet with an equal quantity of breadcrumbs,  $\frac{1}{2}$  teaspoon baking powder, and a pinch salt. Beat up 2 eggs, and mix thoroughly with about 4 ozs. marmalade. Add to the suet mixture, beat till light, and moisten with a little milk. Put in a buttered mould or basin, cover with greased paper and steam for  $2\frac{1}{2}$  to 3 hours. Serve with either a Marmalade sauce (p. 548) or another appropriate sauce.

## MARROW PUDDING

Melt  $\frac{1}{2}$  lb. beef marrow and 2 ozs. suet in a double saucepan, and let it get tepid. Work this in a basin with  $\frac{1}{2}$  lb. castor sugar, 3 ozs. breadcrumbs, moistened with milk, 3 whole eggs and 4 yolks of egg slightly beaten,  $\frac{1}{2}$  lb. candied fruit, cut in dice, 3 ozs. sultanas and 2 ozs. stoned raisins. Put this mixture into a buttered mould, sprinkled with sugar, and put in a saucepan of boiling water to simmer in the oven. Serve with Zabaione (p. 568).

## MOUSSELINE PUDDING

Cream 2 ozs. butter with 2 ozs. castor sugar in a basin. Add the yolks of 3 eggs, one by one, stirring continuously, and then stir in 1 oz. flour and a few drops of vanilla essence. Lastly stir in lightly the whites of the eggs beaten to a stiff froth. Pour into a well buttered charlotte mould and put a buttered paper on top. Steam slowly for 1 to  $1\frac{1}{2}$  hours and turn out. Serve with Zabaione (p. 568), or a fruit sauce.

## NATIONAL PUDDING (German)

Mix 3 ozs. melted butter to 1 quart cream, with pinch of salt, the peel of  $\frac{1}{2}$  lemon, finely chopped, and 4 chopped bitter

almonds. Bring to the boil and stir in  $\frac{1}{4}$  lb. of hominy or semolina. Bring to the boil again, and stir with a wooden spoon till the mixture thickens and is easily detached from the sides of the pan. Remove from the saucepan and when cool, add 10 yolks of egg, and  $\frac{1}{4}$  lb. sugar and beat well. Divide in three pieces or layers—cover one with a coating of thick chocolate, another with thick cherry syrup, and do not cover the third, but leave as it is. Beat the white of 8 eggs very stiffly, mix with chocolate and cherry syrup, and coat the third piece with it. Put the part covered with chocolate at the bottom of a mould or cake tin, over it put the part covered with the cherry syrup, and on top put the white part. Simmer in a double saucepan for 2 hours. Serve with Weinschaum sauce (see next recipe).

### WEINSCHAUM SAUCE

(Wine froth sauce)

Put 2 whole eggs and the yolks of 3 eggs in a basin with 1 teaspoon sugar, the juice of 1 lemon, and thin strips of lemon peel,  $\frac{1}{4}$  bottle of Moselle. Stand the basin in a saucepan of boiling water, and beat till very light and frothy.

### NEWARK PUDDING

Soak a cup of fine breadcrumbs in milk, moisten 2 tablespoons rice flour and mix both together. Add the yolks of 5 eggs well beaten, then  $1\frac{1}{2}$  pints milk, 2 tablespoons melted butter,  $\frac{1}{2}$  teaspoon bicarbonate of soda, and flavour with a little vanilla. Butter a mould and ornament the base with about  $\frac{1}{2}$  lb. glacé cherries or angelica. Put the mixture in the mould and bake for 1 hour, or steam for 2 hours. Serve with custard or a suitable sauce.

### NEWMARKET PUDDING

Slice 4 or 5 sponge cakes and place them in layers in a well buttered mould. Between the layers put 2 ozs. stoned raisins, cut in halves, 2 ozs. mixed candied peel, shredded, and 1 oz. currants. Fill the mould with custard (p. 570), and steam gently for 1 hour. Serve with a fruit sauce (p. 570).

### NORMANDY PUDDING

Boil  $\frac{1}{2}$  lb. rice in  $1\frac{1}{2}$  pints, or a little more, of water, until the rice is very soft and dry, then stir in 2 ozs. butter and 3 ozs. sugar and cook gently for a few minutes. Pour it out and let it cool for use. Have ready as many red currants as will fill a tart dish of moderate size and add to them 3 to 4 ozs. sugar for each pint of the fruit used. Line the bottom and sides of a deep dish with part of the rice, then add a thick layer of the fruit and sugar, then add more rice and fruit in alternate layers, finishing

with a thick layer of rice which should be smoothed over with a knife and well sprinkled with sugar. Bake the pudding in a moderate oven for 30 minutes, or longer if it is large.

### ORANGE PUDDING

This is made in the same manner as Lemon Pudding (p. 596), but use the juice of 4 oranges and the rind of 3, as the taste is not as strong as that of lemons.

### PARADISE PUDDING

Mix together 3 ozs. coarsely-chopped apples, 3 ozs. sugar, 4 ozs. breadcrumbs, 3 ozs. currants, 2 eggs, the grated rind of  $\frac{1}{2}$  lemon, and flavour with a pinch of salt, a little nutmeg and a tablespoon of brandy. Put into a well-buttered mould and steam for 2 hours. Serve with custard or a sauce.

### PLUM PUDDING (Christmas Pudding) (1)

Mix 8 ozs. moist sugar with 8 ozs. finely-chopped suet, 8 ozs. sultanas, 8 ozs. stoned raisins, halved, 4 ozs. shredded mixed candied peel, 2 ozs. almonds, blanched and shredded, the grated rind of 1 lemon, a saltspoon of grated nutmeg, and  $\frac{1}{2}$  teaspoon salt. Stir in 4 eggs well beaten, a  $\frac{1}{4}$  pint milk and a wine glass of brandy. Put the mixture into 2 well-buttered basins and steam for 5 or 6 hours. Serve with Brandy Butter or Senior Wrangler sauce (p. 547).

### PLUM PUDDING (Christmas Pudding) (2)

Mix 3 ozs. flour with 3 ozs. finely-grated breadcrumbs, 6 ozs. finely-chopped suet, 6 ozs. stoned raisins, 6 ozs. currants, 4 ozs. minced apples, 5 ozs. sugar, 2 ozs. candied orange peel,  $\frac{1}{2}$  teaspoon nutmeg mixed with a little pounded mace, and very little salt. Add 3 eggs well beaten and a wineglass of brandy and mix thoroughly. Put in a greased basin, cover tightly with a cloth and boil for  $3\frac{1}{2}$  hours. Serve with Brandy Butter or Senior Wrangler sauce (p. 547).

### PLUM PUDDING, BOILED

See Boiled Fruit Puddings in general (p. 593).

### POPPED CORN PUDDING (American)

Put just under 1 lb. popped corn in a basin, cover with  $1\frac{1}{2}$  pints milk and let it stand for 1 hour. Beat up 3 eggs and  $3\frac{1}{2}$  ozs. brown sugar, and add them to the corn and milk. Add a pinch of salt, and bake in a buttered dish in a moderate oven until the pudding is quite firm..



## POTATO PUDDING

Boil  $\frac{1}{2}$  lb. potatoes and rub them through a sieve. Add 6 ozs. clarified butter (p. 24), 4 eggs, well beaten, the juice and grated rind of 1 lemon, 6 ozs. castor sugar and a little brandy. Put some short crust around the edge of a pie-dish and put in the mixture. Bake for 45 minutes. Sprinkle with sugar and serve.

## PRUNE PUDDING

Cream 6 ozs. butter with 6 ozs. sugar and then mix in 6 ozs. brown breadcrumbs, the yolks of 3 eggs beaten up with a glass of sherry, a little grated lemon and orange peel, and a little chopped candied peel. When well mixed add the whites of egg beaten to a stiff froth. Line a basin or plain mould with stoned prunes, previously soaked and cooked till tender in a light syrup. Pour in the mixture, and steam for 2 hours. Serve with an appropriate sauce.

## POUDING À LA BRÉSILIENNE

Put a little less than  $\frac{1}{2}$  pint milk in a thick saucepan with 2 or 3 strips of lemon peel and dissolve 3 ozs. sugar in it. Bring to the boil and sprinkle in  $2\frac{1}{2}$  ozs. tapioca. Add 2 ozs. butter and a pinch salt, stirring all the time. Cover the saucepan and put in a slow oven to cook for 25 minutes, or until the tapioca has swollen and absorbed all the milk. In the meantime, coat a mould with caramel (p. 550). Add the beaten yolks of 4 eggs to the tapioca, little by little, stirring continuously. Then put the mixture in a basin and add the whites of egg beaten to a stiff froth, stirring lightly. Fill the mould  $\frac{3}{4}$  full with the mixture, and place it in a saucepan of boiling water in a slow oven to simmer. After about 6 or 7 minutes it should start to rise. Cook for about 40 minutes. Serve with a suitable sauce.

## POUDING DIPLOMATE

Line the bottom of a buttered mould with pieces of candied fruit. Put a layer of Bavarois mixture (p. 551), flavoured with a little vanilla, in the mould and then a layer of sponge fingers, soaked in kirsch, and sprinkled with currants and raisins, previously soaked in tepid water, and dotted with spoonfuls of apricot jam. Cover with another layer of Bavarois and more sponge fingers, etc. until the mould is full. Put in a cool place or on ice and turn out before serving.

## POUDING À LA MALAKOFF

Make a custard to which a little gelatine has been added (p. 570). Make a purée of apples or a purée of pears (p. 548). Butter a charlotte mould and put in a layer of cream

about  $\frac{1}{2}$  inch thick. Cover with a layer of sponge fingers, previously soaked in liqueur, and spread with a layer of the apple or pear purée. Sprinkle with blanched and sliced almonds, orange rind cut into dice and raisins soaked in syrup. Cover with more cream and sponge fingers, etc. until the mould is full. Put in a cool place or on ice. Serve with cold Zabaione (p. 568).

### POUDING MEXICO

Beat the yolks of 2 large eggs in a basin with a  $\frac{1}{2}$  lb. sugar. Mix with it a  $\frac{1}{2}$  lb. melted chocolate, a  $\frac{1}{2}$  lb. butter beaten to a cream, and  $1\frac{3}{4}$  lbs. flour. Lastly, add the whites of the eggs beaten to a stiff froth. Put the mixture into a buttered charlotte mould and cook in a saucepan of boiling water in a slow oven for 45 minutes. Turn out when cold.

### POUDING À LA VIENNOISE

Put 8 ozs. breadcrumbs in a basin with 1 oz. sweet and  $\frac{1}{2}$  oz. bitter almonds, pounded in a mortar, the rind of 1 lemon grated on sugar, and 2 ozs. sultanas. Mix well and add 1 small glass of Madeira. When this has been absorbed, cover with about 1 pint caramel custard (p. 555). Decorate a buttered mould with candied orange peel, fill it with the mixture, and steam the pudding for about  $1\frac{1}{2}$  hours. Turn out and serve with custard poured over it.

### QUEEN'S PUDDING

Cream 3 ozs. butter with 3 ozs. castor sugar, and then add 3 eggs, one at a time, beating well. Mix in 3 ozs. flour and add 1 oz. glacé cherries, chopped small, the juice and the grated rind of  $\frac{1}{2}$  lemon and  $\frac{1}{2}$  teaspoon baking powder. Put the mixture in buttered moulds and place in a moderate oven for about 30 minutes. Turn out and serve with Cherry Sauce (p. 570), or other suitable sauce.

### QUEEN MAB'S PUDDING

Put 4 or 5 blanched and crushed bitter almonds and the rind of 1 small lemon into 1 pint milk and simmer until strongly flavoured. Almond essence or vanilla essence can be used instead of this. Then add a pinch of salt and  $\frac{3}{4}$  ozs. gelatine. When dissolved, strain through a cloth and put into a clean saucepan with  $4\frac{1}{2}$  ozs. lump sugar and  $\frac{1}{2}$  pint cream. Bring the mixture to the boil, remove from the fire and add the yolks of 6 eggs, well beaten, stirring continuously. Replace on the fire, but do not let it boil, and stir till it thickens. Pour it out and continue stirring until it is cool; then mix in  $1\frac{1}{2}$  ozs. candied citron, chopped small, and 2 ozs. glacé cherries. Pour the mixture into a buttered mould and turn out when set. Serve with a Fruit sauce (p. 570). 2 or 3 ozs. pre-

served ginger, cut in slices may be substituted for the cherries, 1 oz. pistachio nuts, blanched and chopped, for the citron, and the syrup from the ginger can be used as a sauce.

### RAISIN PUDDING

Mix 1 lb. stoned raisins with 10 ozs. finely chopped suet,  $\frac{3}{4}$  lbs. flour, pinch of salt, the grated rind of lemon, 4 large eggs, beaten, and as much milk as is required to make the mixture into a thick batter. Put into a buttered basin and bake for  $1\frac{1}{2}$  hours. Sugar is not added to the mixture as it tends to make it heavy, but sprinkle liberally with sugar or serve separately.

### RASPBERRY PUDDING, BAKED

Cream  $\frac{1}{4}$  lb. butter and  $\frac{1}{4}$  lb. sugar. Beat in 3 eggs, one at a time and add  $\frac{1}{2}$  lb. breadcrumbs. Butter a mould and coat the inside with brown breadcrumbs. Put a layer of the mixture at the bottom and cover thickly with raspberry jam, taking care that it does not touch the sides. Add more of the mixture and the jam until the mould is full, the last layer being of the mixture. Bake in a moderate oven for 1 to  $1\frac{1}{4}$  hours. Serve with custard or other appropriate sauce.

### RASPBERRY PUDDING, BOILED

See Boiled Fruit Puddings in general (p. 593).

### RASPBERRY AND RED CURRANT PUDDING, BOILED

See Boiled Fruit Puddings in general (p. 593). Use equal quantities of both fruits.

### RHUBARB PUDDING, BOILED

See Boiled Fruit Puddings in general (p. 593).

### RICE PUDDING

*Ingredients:* 3 tablespoons rice, 1 pint milk, 2 tablespoons sugar, pinch of salt, vanilla or other flavouring.

*Method:* Put the rice, which should be well washed, in a buttered pie-dish, add the milk and sugar and the pinch of salt. Bake in a slow oven for  $1\frac{1}{2}$  to 2 hours, till the top of the pudding is lightly browned.

The addition of 2 or 3 eggs beaten up with the milk is a great improvement, and many people add a bayleaf as a flavouring to rice pudding.

### ROLY-POLY PUDDING

*Ingredients:*  $\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  lb. suet, jam, 2 saltspoons baking powder, pinch of salt.

*Method:* Chop the suet finely and mix in a basin with the flour, salt, baking powder and a little cold water. Put on a floured board and roll out to a sheet of about  $\frac{1}{4}$ -inch thick. Spread with a

thin layer of jam, moisten the edges, roll lightly in the shape of a long sausage, press down the edges so as to seal thoroughly, wrap in a pudding cloth, tying the ends with string, and boil for about  $1\frac{1}{2}$  hours. The pudding is sometimes baked for about 45 minutes or a little longer in a fairly brisk oven.

### RYE BREAD AND CHERRY PUDDING (Russian)

*Ingredients:* 1 lb. stoned cherries, 5 eggs, 2 ozs. butter, 6 table-spoons flour, 2 ozs. chopped almonds, 2 ozs. rye breadcrumbs,  $\frac{1}{2}$  tablespoon cinnamon, 4 tablespoons sugar, 1 wineglass claret.

*Method:* Beat the butter, flour, sugar, yolks of eggs, chopped almonds and cinnamon together till smooth and light. Butter a mould, and put a little of the mixture in it. Bake in a quick oven. When set, remove from the oven and cover with a layer of cherries and another layer of the mixture, and again cook till slightly brown. Repeat this till the mould is filled, and bake till the top is browned. Turn out carefully and pour over it a sauce made with Cherry purée, the claret and a few tablespoons of sugar (p. 570).

### SAGO OR TAPIOCA PUDDINGS

*Ingredients:* Two tablespoons sago or tapioca, 1 pint milk, 2 tablespoons sugar, 1 or 2 eggs, pinch of salt, a little grated nutmeg (optional).

*Method:* Put the milk in a saucepan, bring to the boil and sprinkle in the sago or tapioca, stirring occasionally and simmering till clear. Add the sugar and salt. Remove from the fire and, when cool, mix in the eggs, well beaten. Pour the mixture into a buttered pie-dish and bake in a moderate oven for about 30 minutes.

### SAXON PUDDING (1)

Cream 4 ozs. butter with 4 ozs. castor sugar. Add 4 ozs. flour and about  $\frac{3}{4}$  pints boiled milk. Mix thoroughly and bring to the boil, stirring all the while until the mixture is easily detached from the side of the pan. Remove from the fire and mix in 5 eggs, one at a time. When cool, lightly mix in the whites, beaten to a stiff froth. \* Pour into buttered moulds and put in boiling water in a saucepan in the oven until set. Serve with Custard or Zabaione (pp. 570, 568).

### SAXON PUDDING (2)

Butter a charlotte mould and decorate the bottom with glacé cherries, cut in halves, and strips of angelica. Sprinkle the sides well with almonds, which have been blanched, peeled, shredded and browned in the oven. Fill the mould with alternate layers of slices of sponge cake and pieces of macaroon and ratafias. Beat 4 eggs well, add  $\frac{1}{2}$  pint milk,  $\frac{1}{4}$  pint cream, 1 glass sherry and a few drops vanilla essence. Pour this mixture into the mould, cover

with buttered paper and let it stand for about 1 hour. Steam for  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hours and serve with a Fruit sauce (p. 570), or serve cold with whipped cream.

### SEMOLINA PUDDING

Sprinkle 3 large tablespoons semolina in  $1\frac{1}{2}$  pints boiling milk, stirring all the while. Cook for 10 minutes, remove from the fire and add 2 ozs. butter and  $3\frac{1}{2}$  ozs. castor sugar. Next stir in the grated rind of 1 lemon and the yolks 3 eggs and, lastly, the stiffly beaten whites. Pour the mixture into a buttered dish and bake in a moderate oven for 30 minutes. Other flavourings may be used such as a little cinnamon or a bayleaf which is put in the milk and removed when the semolina is cooked.

### SEMMEL PUDDING (A German Bread Pudding)

Cream 4 ozs. butter and add one at a time the yolks of 3 large eggs or 4 small ones. Rub the peel of  $\frac{1}{2}$  lemon into 8 ozs. sugar, pound it and add it to the butter and eggs. Add the juice of 1 lemon, 1 oz. pounded almonds, little mixed spice, spoonful rum and a few pieces of finely sliced candied peel. When well mixed add 12 ozs. fine breadcrumbs (the crumbs of German white rolls or "semmel"), and 1 pint milk, very gradually. Lastly add the whites of egg, well beaten to a stiff froth. Sprinkle grated bread into a well-buttered mould, put in the mixture and bake for 1 hour. Turn out and serve with a Fruit sauce (p. 570).

### SNOWDON PUDDING

Decorate the sides and bottom of a well-buttered mould with fine raisins split open and stoned, but not divided, pressing the cut side on the butter to make them adhere. Mix  $\frac{1}{2}$  lb. very finely-chopped suet in a basin with  $\frac{1}{2}$  lb. breadcrumbs,  $1\frac{1}{2}$  ozs. rice flour, and 6 ozs. lemon or orange marmalade. Then add 6 ozs. yellow crystal sugar, 6 well-beaten eggs, and the grated rinds 2 lemons. Beat till all the ingredients are thoroughly mixed, pour into a mould, cover with buttered paper and a floured cloth, and boil for  $1\frac{1}{2}$  hours. Some kind of sweet pudding sauce is usually poured over it.

### SPONGECAKE PUDDING

Slice 3 sponge cakes thinly, place them in a well-buttered pie-dish and sprinkle them with candied peel, cut into thin strips, or cover with jam. Sprinkle with a little brandy and pour over about a pint of warm custard (p. 570), flavoured with lemon or other flavouring. Cover and let it stand for 1 hour, then bake it in a slow oven for 30 to 35 minutes.

### "SPOTTED DICK"

This popular version of plain suet pudding gets its name from the fact that it contains currants, thus giving it a spotted

appearance. It is made in the same way as Suet Pudding (p. 604), but with the addition of 6 ozs. currants.

### STAFFORDSHIRE YEOMANRY PUDDING

Line a buttered pie-dish with rich crust, cover with a layer of either apricot or raspberry jam, and pour the following mixture into it: Cream 6 ozs. butter with 6 ozs. sugar, add  $\frac{3}{4}$  ozs. sweet almonds, and 2 or 3 bitter almonds, previously blanched and pounded (1 oz. ground almonds may be used instead). Mix in gradually the yolks of 4 eggs and the whites of 2, and beat all thoroughly. Pour into the pie-dish and bake for 15 'minutes' in a quick oven at first, and then in a moderate one, for about 1 hour. This can be eaten either hot or cold.

### SUET PUDDING

*Ingredients:* 1 lb. flour,  $\frac{1}{2}$  lb. finely chopped suet, 1  $\frac{1}{2}$  teaspoons baking powder, good pinch of salt, a little cold water.

*Method:* Make a stiff paste with the flour, chopped suet, salt, baking powder and water. Shape into a roll or sausage, tie up in a pudding cloth, fastening the ends with string, and put in boiling water. Simmer for about 2  $\frac{1}{2}$  hours. The accompaniment to this is usually treacle, jam or stewed fruit.

### SUMMER PUDDING

Line a basin with slices of bread about  $\frac{1}{4}$ -inch thick. Put a layer of stewed raspberries (p. 566) sprinkled with sugar on the slices at the bottom of the basin and cover with another layer of bread. Repeat until the basin is full, the last layer being of bread. Cover with a plate and put a weight on the top. Let stand in a cool place or on ice for 12 hours. When turned out, the pudding should be very moist. Pour raspberry juice over it if at all dry.

### SWEET POTATO PUDDING (New Orleans)

*Ingredients:* 4 or 5 baked or boiled sweet potatoes, 3 eggs, 2 cups sugar, 2 tablespoons butter,  $\frac{1}{2}$  pint or a little over of milk, pinch of salt,  $\frac{1}{2}$  teaspoon black pepper.

*Method:* Peel the sweet potatoes and rub them through a sieve into a basin. Add the yolks of eggs and mix well, then add the sugar, the butter, the milk, and finally the whites beaten to a froth. Season with a pinch of salt and the pepper. Stir all the ingredients together thoroughly to a smooth paste—the paste should be light and almost liquid—pour it into a pie-dish and bake in a moderate oven for 1 hour, till well browned.

### A THANKSGIVING PUDDING (American)

*Ingredients:* 3 ozs. chopped suet, 3 or 4 slices stale bread soaked in milk, 6 ozs. finely chopped figs,  $\frac{1}{2}$  lb. brown sugar, 2 ozs. stoned

raisins, 2 ozs. flour, 12 chopped walnuts, 4 eggs, nutmeg and cinnamon to taste,  $1\frac{1}{2}$  teaspoons baking powder.

*Method:* Work the suet to a smooth paste, mix with the bread, previously soaked in milk, the finely chopped figs, and all the other ingredients. Mix thoroughly and beat for 20 minutes or longer. Steam for  $2\frac{1}{2}$  to 3 hours. Any kind of hot pudding sauce can be served with this, according to taste.

### TIPSYPUDDINGS

Cream 3 ozs. sugar with 3 ozs. butter, work in 3 ozs. flour lightly and add 3 eggs. Mix all thoroughly, and put in well-buttered small cake tins or dariole moulds, coated with castor sugar, filling them only  $\frac{3}{4}$  full. Bake in a moderate oven till they have risen and are lightly coloured. When done, sprinkle freely with rum or brandy, and with castor sugar.

### TREACLE PUDDING

Make a stiff paste with 1 lb. flour,  $\frac{1}{2}$  lb. finely-chopped suet, 1 teaspoon baking powder, a pinch of salt and a little water. Roll out and divide in half. Line a pudding basin with one half, keep sufficient of the other to make a cover, and roll out the remaining paste very thinly. Put a thin layer of treacle in the basin, sprinkle with breadcrumbs and grated lemon rind, cover with a thin layer of paste, and repeat in the same order till the basin is full. Cover closely with the lid of paste, moistening the edges and pressing them down firmly. Tie greased paper over the basin and steam for  $2\frac{1}{2}$  to 3 hours.

### WEST RIDING PUDDING

Cream 2 ozs. butter with 3 ozs. castor sugar and add 2 eggs, one at a time. Beat well and stir in 1 teaspoon baking powder and 4 ozs. flour. Add sufficient milk, gradually, so that the mixture drops readily from the spoon. Line the edge of a pie-dish with short crust (p. 541), and decorate the edge with the crust cut out in small fancy shapes, such as leaves overlapping each other. Put a thick layer of jam at the bottom of the dish, pour in the mixture, and bake in a moderate oven for 1 to  $1\frac{1}{2}$  hours. Serve either hot or cold with sugar sprinkled over.

### WINDSOR PUDDING

Boil 1 oz. rice in a little milk till quite tender and drain well. Make an apple purée (Fruit Purées, p. 548), add the rice, 1 teaspoon lemon juice and  $\frac{1}{2}$  teaspoon grated lemon rind, stirring well. Now lightly mix in the whites of 4 eggs, beaten to a stiff froth. Put the mixture into a buttered basin, and steam very gently for about 40 minutes. Serve with a custard (p. 570).

*Pastry Entremets*

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### APPLE DUMPLINGS

See Apple Dumplings, Hot Sweets section, (p. 571). They can also be made with puff pastry (p. 539), instead of short crust or suet pastry.

### APPLE OR FRUIT TURNOVERS

These consist of short crust or puff pastry, rolled out thinly, and cut in 4-inch rounds. A little stewed fruit or jam is placed in the centre of each, the pastry is carefully folded over on three sides, so as to form a triangle, and the edges moistened and well pressed together. Moisten lightly with a wet brush, sprinkle with a little castor sugar, and bake in a moderate oven for about 20 minutes, or till lightly coloured.

### APRICOT PUFFS

Roll out some puff pastry (p. 539) very thinly and cut into strips 4 inches in length and 1-inch wide. Spread with apricot jam, cover with a strip of pastry and bake in a quick oven for 15 to 20 minutes, till lightly coloured. Sprinkle with sugar 5 minutes before removing from the oven.

### AUSTRIAN DALKEN

*Ingredients:* 6 ozs. flour, 4 eggs, 2 tablespoons castor sugar,  $\frac{3}{4}$  pints milk, pinch of salt, butter.

*Method:* Work all the ingredients thoroughly together in a basin with a wooden spoon, and add the milk gradually. Let it stand for 15 minutes. Butter some small moulds usually used for poaching eggs, and put 2 tablespoons of the mixture in each. (Do not put any water in the pan containing the moulds.) Place in a moderate oven. The batter rises and as it does so the edges curve inwards towards the centre owing to the rounded sides of these particular moulds, thus forming little tartlets. When the under part is browned and the tartlet is well shaped turn and slightly brown the upper part. When done, they are filled with apricot or greengage jam and fresh cream.

### BABA AU RHUM

The batter is the same as that of the Savarin (p. 617) but with the addition of 2  $\frac{1}{2}$  ozs. raisins and sultanas. It is baked in a Turk's head mould, and sprinkled freely, while still hot, with a light syrup well flavoured with rum.

### CALISONS D'AIX

Pound 1 lb. blanched almonds with 1 lb. sugar, rub through a sieve and dilute with 3 or 4 tablespoons light syrup, flavoured with apricot. Put the mixture in a saucepan and stir over a brisk fire till it begins to dry and leave the sides of the pan. Spread the

paste on pieces of rice paper, coat with Royal Icing (p. 647), cut out in 3-inch long oval shapes, and cook in a moderate oven for 8 to 10 minutes only.

### ALMOND CHEESECAKES

Beat 1 whole egg and the yolk of 1 with 2 teaspoons cornflour till quite smooth. Add 4 ozs. castor sugar, 4 ozs. ground almonds, and  $\frac{1}{2}$  oz. melted butter. Line 10 pâté cases with puff pastry (p. 542) put in 1 teaspoon jam in each, and fill with the almond mixture. Bake for 20 to 25 minutes in a moderate oven.

### APPLE CHEESECAKES

Fill the partially cooked Pâté cases (p. 542) with a purée of apples (p. 548), cover with a tablespoon meringue (p. 548) and bake in a brisk oven till the meringue is slightly coloured.

### FOLKESTONE CHEESECAKES

Simmer 3 ozs. ground rice in 1 pint of milk for 30 minutes, and add 2 ozs. butter, 4 ozs. sugar, a few strips lemon rind, and 2 whole eggs. Stir over a slow fire till the mixture begins to thicken, and remove from the fire. Proceed as in foregoing recipes for Cheesecakes, sprinkling each cheesecake with currants and baking for 20 to 25 minutes.

### LEMON CHEESECAKES

Line patty-tins with short crust, fill with a little Lemon Curd mixture (p. 680), and bake in a moderate oven for about 20 minutes.

### ORANGE CHEESECAKES

The same as preceding recipe, using the juice of 3 oranges instead of lemon juice.

### CHOCOLATE ÉCLAIRS

For the paste see Chou paste (p. 545). Put on a baking tin in 4-inch lengths and 1-inch wide, or use special éclair moulds. Put in a moderate oven and bake for 25 to 30 minutes, to a light golden colour. When quite cold, carefully open one side and fill with Crème Pâtissière or with Chantilly Cream (pp. 548, 549) and ice with Chocolate icing (p. 648).

### CHOUX À LA CRÈME

Chou paste (p. 545) shaped into small balls. Proceed as in foregoing recipe. These are not, as a rule, iced.

### CLAFOUTIS

Put 3 tablespoons flour in a basin with a pinch of salt and mix with 3 whole eggs. Work in gradually  $\frac{3}{4}$  pints milk, and add 3

tablespoons sugar. Fill a fireproof dish with black cherries, cover with the mixture and set in a brisk oven for about 15 minutes. Sprinkle with sugar and serve.

### CONDÉ CAKES

Mix 6 ozs. blanched and finely chopped almonds with 4 ozs. sugar, 1 or 2 strips chopped lemon rind and the white of an egg. Place a little of the mixture on thin rounds, ovals or crescents of puff pastry (p. 539), sprinkle with sugar and bake in a quick oven to a light golden colour.

### CUPID'S WELLS

Roll some puff pastry (p. 539) very thinly and cut into 2½ to 3-inch rounds with a fluted cake-cutter. Cut out the same number of rounds but slightly smaller and remove the middle part. Lay the smaller rounds over the larger one damping the edges and pressing down, and bake in a quick oven to a light colour, dredging with sugar a few minutes before removing from the oven. Fill each with glacé cherries or Compôte of Cherries (p. 673).

### DARIOLES

Line dariole moulds with puff pastry and fill with the following mixture: Mix 1 oz. flour with 2 ozs. castor sugar, 1 oz. pounded ratafia biscuits, 1 whole egg and 2 yolks, and add 1 gill cream. Bake in a moderate oven and, when lightly coloured, sprinkle with sugar.

### DUMPLINGS WITH PLUMS (German)

*Ingredients for Dumplings:* 1 lb. flour, 1½ ozs. yeast, a little chopped lemon peel, 1 oz. sugar, 2 whole eggs, 4 yolks of egg, milk, and ¼ lb. of warm butter.

*Method:* Mix the yeast with a little warm milk, and let stand for 15 to 20 minutes. Put the flour in a basin, add the yeast, and the other ingredients, working and mixing thoroughly with a wooden spoon till quite light. Sprinkle with flour, cover with a cloth, and let rise. Flour a board and, with the hands, roll out the pastry to the shape of a thick sausage. Take lumps from this and shape into small balls. Prepare a syrup made with ¼ lb. sugar and one glass of white wine. Add 2 lbs. of plums and, when cooked, remove them carefully with a skimmer. Put the fruit to one side and keep warm. Add ¼ lb. of butter to the plum syrup and put in the dumplings. Cover the saucepan and simmer, without uncovering, for 10 minutes. Then put the dumplings in a well-buttered fireproof dish, with a little milk, and cook in the oven for 20 minutes, till the milk has been absorbed. Arrange the dumplings in the middle of a dish and put the plums all around the dish with a little syrup.

## FLAN OF APPLES

Line a flan tin or paste ring with a thin layer of short crust (p. 541) and cover with thin and neat slices of apples, arranging them in rows, slightly overlapping each other. Moisten with a little light syrup, sprinkle with sugar and bake in a moderate oven for 30 to 35 minutes.

## FLAN OF APPLES WITH MERINGUE

The same as preceding recipe, but cover with a layer of meringue (p. 548).

## FLAN OF APPLES NINON

Fill the flan with a purée of apples (p. 548), and garnish with neatly quartered apples. Moisten with syrup and bake.

## FLAN OF APPLES WITH RICE

Cover the flan with a layer of rice prepared and cooked as in recipe for Riz à l'Impératrice (p. 565), and over this put a purée of apples (p. 548). Bake and sprinkle with sugar when done.

## FLAN OF APRICOTS

The same as Flan of Apples (above). Cover with a little apricot purée (p. 548). The apricots are left whole, but stoned.

## FLAN OF PLUMS

The same as preceding recipe, but the plums are either left whole and stoned or cut in half.

## FLAN OF STRAWBERRIES

The pastry for this is baked before the fruit is added. Remove the stalks from the strawberries and cover the whole of the pastry with the fruit. Sprinkle with sugar, moisten with syrup, preferably flavoured with some liqueur, such as kirsch or maraschino, and put in the oven for 15 to 20 minutes.

## FLORENTINES

Roll out 6 ozs. puff pastry (p. 539) to a thickness of  $\frac{1}{4}$ -inch and put on a baking tin. Cover with a thick layer of greengage jam, and bake in a moderate oven till the pastry begins to colour. Remove from the oven, coat with meringue (p. 548), sprinkle with shredded pistachio nuts and sugar and set in the oven to brown lightly. Remove from the oven, stand till cool and, with a cutter or a knife, cut in oblong or diamond shape.

## FLORENTINE TART

Line a tart plate or tin with puff pastry, and cover with the following mixture: Blanch  $\frac{1}{2}$  lb. almonds and chop them finely.

Mix with 4 beaten eggs, 1 gill cream, 1 wine glass brandy, 2 table-spoons currants, 3 ozs. clarified butter (p. 24), 3 or 4 tablespoons sugar, and a little cinnamon and nutmeg. Cover with a lid of puff pastry, pressing down and moistening the edges, and bake in a quick oven till lightly coloured.

### APPLE FLORY

Line a tart tin or plate with puff pastry, cover with sliced apples and marmalade, flavour with cinnamon. Cover with puff pastry and bake as in preceding recipe.

### PRUNE FLORY

Proceed as in foregoing recipe, but using prunes previously soaked and then cooked in a light syrup till tender.

### FLUTED ROLLS

Roll out some puff pastry to  $\frac{1}{4}$ -inch in thickness. Stamp out with a 2-inch fluted cake cutter, roll up each of these little rounds, moisten with water, sprinkle with sugar, and bake in a moderate oven till lightly browned.

### HONEY FINGERS

Make a firm and smooth paste with  $\frac{1}{2}$  lb. flour, 2 eggs, 3 ozs. sugar and a flavouring of vanilla essence. Roll out to about  $\frac{1}{2}$ -inch in thickness and cut into finger shapes and lengths. Fry in boiling oil to a golden colour and at once dip each in a plate of honey, coating equally on all sides. They can be eaten either hot or cold.

### "LOCKSMITH'S BOYS"

*Ingredients:* Large dried plums, blanched almonds, a dough made with flour, eggs, sugar and white wine (quantities according to number of plums) and a pinch of salt. Castor sugar mixed with grated chocolate.

*Method:* The plums should be soaked for about 12 hours, and boiled till soft. The stone is removed and a blanched almond is put in its place. Each plum is surrounded by dough and they are baked in butter till a good colour and, while still hot, are rolled in the sugar and grated chocolate.

### LANGUES DE CHAT

To make 5 dozen Langues de Chat, the ingredients are as follows:  $3\frac{1}{2}$  ozs. flour, 3 ozs. icing sugar, 3 ozs. butter, 2 whites egg, vanilla flavouring. Sift the flour and mix with the sugar and sift once more. Work the butter to a cream, lightly stir in the mixed flour and sugar and, lastly, the whites of egg beaten to a stiff froth. Have ready a buttered baking tin and, with a piping machine, used for the icing of cakes, force the paste out into thin little sticks

about 3 inches in length. Leave an inch space between each, as they spread when baked. Put in a brisk oven for 7 to 8 minutes only and remove as soon as the edges begin to colour. Remove from the baking tin at once with the blade of a knife.

### MARIGOLDS

Roll out some puff pastry very thinly and stamp out rounds with a 2-inch fluted cake-cutter. Place on a baking sheet. Brush over with a damp brush and in the centre of each round put a small  $\frac{1}{2}$ -inch round of pastry, pressing it down. Arrange some blanched almonds, cut in thin strips around this centre ring, in a slanting direction and very close together, so as to resemble the petals of the marigold. Press the almonds lightly into the paste, sprinkle with sugar and bake in a moderate oven till lightly coloured.

### MILLEFEUILLE

Put a very thin layer of puff pastry (p. 539) on a thick round baking sheet, brush over with white of egg and prick with a fork, to prevent it rising too much. Bake in a moderate oven till lightly coloured. Remove from the oven and bake 6 or 8 more rounds of puff pastry in the same manner. When done, coat the first layer of pastry with a layer of Royal Icing (p. 647), cover with a layer of pastry, cover this with Royal Icing and continue till the pastry is used up, or, instead of icing, use alternate layers of jam.

### MIRLITONS

Line some tartlet tins with puff pastry, raising the edges slightly. Fill each with the following mixture: Beat up 2 eggs lightly with 2 ozs. sugar, 12 finely chopped blanched almonds, 1 tablespoon orange flower water and 2 tablespoons cream. Half fill the tarts with the mixture, sprinkle freely with sugar and bake in a quick oven for 15 minutes.

### "MOUTH POCKETS"

Roll out puff pastry very thinly and cut in 5-inch rounds. On one side of each round, put a little of the following: Make a syrup with 1 lb. lump sugar, and 4 tablespoons water. Add a few peeled and stoned plums, a few peeled, cored and quartered apples, and 1 or 2 tablespoons currants. Simmer till the consistency of jam. Fold each round of pastry, pressing the edges together, and put on a baking tin, sprinkled with a little water and bake in a fairly brisk oven, lowering the heat after 8 to 10 minutes. When cold, coat with Royal Icing (p. 647).

### MERVEILLES

Put 1 lb. flour on a pastry board, make a well in the middle, put in 4 eggs and 3  $\frac{1}{2}$  ozs. sugar and work gradually with the flour,

adding a little cold water, and flavouring with either orange flower water or vanilla. Work well and let stand for 2 hours. Divide into 2 oz. pieces, and roll out very thinly on a floured board. With a pastry roller, or with a knife, divide or mark into 4 or 5 long strips, but without separating the pastry. Fry in deep fat (p. 87) to a light golden colour. Drain and sprinkle with sugar.

### PASTRY WITH CREAM

Fill a small vol-au-vent case (p. 542) with Chantilly Cream (p. 547) flavoured with a liqueur glass of brandy. Serve cold.

### PASTRY RISSOLES

Roll out some puff pastry (p. 539) thinly and with a cake-cutter cut into 4-inch rounds. In the centre put a little Crème anglaise or Crème Frangipane (pp. 548, 547) and fold the other half of the pastry over it, damping and pressing down the edges. Fry in deep fat (p. 87) to a light golden colour.

### LA PÂTÉ AUX POÎRES

Make a short crust with 1 lb. flour, 10 ozs. butter, pinch of salt and sugar and a little water. Let stand for 1 hour, and roll out in an oval shape. In the middle put some chopped pears, previously soaked in rum or kirsch, and sprinkle with sugar. Moisten the edges of the paste, fold over and press the edges firmly. Brush over with yolk of egg and bake in the oven to a light brown.

### FRUIT PIES IN GENERAL

They are made in the same manner as Apple Pie, but it is advisable, when unripe fruit is used, to stew them slightly in a little water and sugar before putting them in the pie-dish. Small fruit, such as cherries or damsons, should not be stoned.

### APPLE PIE

This is a very old English sweet, and we find many recipes for it in old English cookery books.

Here is a good modern version:

*Ingredients:* 2 lbs. apples, sugar to taste, 3 or 4 cloves, 1 teaspoon lemon rind, short crust.

*Method:* Having been peeled and cored, the apples should be cut in thick slices. Arrange these neatly in a pie-dish, sprinkle with sugar, and add the finely-grated lemon rind and the cloves. Cover with a lid of short crust, having first of all placed a band of paste upon the wetted edge of the dish, and having pressed it down all round. Cut the edge evenly and notch at intervals of about  $\frac{1}{8}$ -inch. Put in a brisk oven at first, then in a moderate oven, and bake for about 40 to 50 minutes. To serve, sprinkle with castor sugar.

When the pie is to be eaten cold, the crust should be raised carefully with a knife, so as to let the steam escape. This helps to keep the pastry crisp.

In some recipes for Apple Pies the pie-dish is lined with pastry. Another variation is to lift the crust from the pie when it is done and to cover the fruit with either Devonshire cream or with boiled custard. In some of the old-fashioned cookery books, whipped cream is mentioned as an accompaniment. The cover of the pie is divided into triangular pieces, which should be stuck round the inside of the tart.

This probably was the origin of the "fraud" which we get in some of the cheaper restaurants of serving stewed apples with a wedge of pastry, and calling such a dish Apple Pie.

### APPLE PIE WITH MERINGUE

Proceed as in foregoing recipe, and when done, lift the crust from the pie and cover the pie with meringue (p. 548), sprinkle with sugar and put in a quick oven to brown lightly.

### BANANA PIE

Peel and slice the bananas and cook in a little syrup. Rub through a sieve and proceed as in recipe for Apple Pie (p. 613).

### BANANA PIE WITH MERINGUE

The same as Apple Pie with Meringue (above).

### BLACKBERRY PIE

Stew the blackberries till soft, with sugar to taste, and proceed as in Apple Pie (p. 613).

### CHERRY PIE

Either stew the cherries till tender or else use Compôte of Cherries (p. 673) and proceed as in making Apple Pie (p. 613).

### COCONUT PIE

*Ingredients:* 1 cup grated coconut,  $\frac{1}{2}$  cup sugar, 2 eggs, a little grated nutmeg, 1 pint milk.

*Method:* Beat the eggs till very light, add the sugar gradually, the nutmeg and finally the grated coconut, and the boiled milk which must be allowed to cool. Mix and beat all thoroughly, and put in the pie-dish lined with slightly baked pie crust. Coconut pie is always an uncovered one. Bake in a moderate oven for about 30 minutes.

### CRANBERRY PIE

*Ingredients:* 1  $\frac{1}{2}$  pints cooked cranberries, 1 cup sugar, plain pie crust.



*Method:* Wash the cranberries in cold water, put them in an earthenware casserole with 1 pint water, bring to the boil and simmer for 20 minutes, crushing the berries to extract the juice. Remove from the fire and stir in the sugar. Replace on a slow fire and simmer 10 to 15 minutes longer. Put the berries in a basin, but do not strain. When cold, put in a pie-dish lined with crust, which has already been slightly baked, and decorate with strips of pastry. Bake till the strips of pastry are a delicate golden colour.

### CREAM PIE

Blend 1 tablespoon flour with 1 of butter, and add 1 pint hot milk gradually. Flavour with 1 teaspoon vanilla essence, and add the whites of 4 eggs, beaten to a stiff froth. Line a pie-dish with puff pastry or short crust (pp. 539, 541), fill with the mixture and bake in a moderate oven for about 25 to 30 minutes, till lightly browned. This pie is not covered with crust and is better cold than hot.

### CUSTARD PIE

Line a pie-dish with puff pastry (p. 539), fill with custard or Crème anglaise (p. 548) and cook in a moderate oven till the custard has just set, and lightly browned.

### GOOSEBERRY PIE

Trim the gooseberries and put them in a pie-dish, lined with short crust. Sprinkle freely with sugar and proceed as in making Apple Pie (p. 613).

### GREENGAGE PIE

Line a pie-dish with short crust (p. 541), spread with a layer of Apple purée (p. 548) and over this place the greengages, stoned and halved. Sprinkle with sugar and proceed as in making Apple Pie (p. 613).

### JAM AND SOUR CREAM PIE

*Ingredients:* 6 ozs. pounded almonds, 2 ozs. cherry jam, 2 ozs. raspberry jam, 3 tablespoons sour cream, 1 teaspoon cinnamon, the yolk of 1 egg, short pastry or puff pastry (pp. 541, 539).

*Method:* Mix the jam, the almonds, moistened with a little milk, the yolk of egg and the sour cream and flavour with the cinnamon. Line a pie-dish with the pastry, fill with the mixture, cover with pastry and bake in a moderate oven till slightly brown.

### LEMON PIE

Beat 6 ozs. sugar and 1 tablespoon butter to a cream. Add the yolks of 2 eggs, and the whites beaten to a stiff froth. Then add the juice and pulp of 2 lemons. Put into a pie-dish lined with partially baked short crust, cover with a lid of crust and bake in a quick oven for 30 minutes.

## MINCE PIES

Line some large pâté tins with either puff pastry or short crust (pp. 539, 541). Fill with Mincemeat (p. 680), cover with a lid of pastry and put the pies in a moderate oven for about 30 minutes.

## MOLASSES PIE

Mix 2 breakfastcups molasses syrup with 2 tablespoons flour, then add 2 tablespoons melted butter, the yolks of 2 eggs beaten up with 2 tablespoons sugar and finally the whites, beaten to a stiff froth. Pour into a pie-dish lined with short crust, and bake in a moderate oven for 30 minutes.

## PUMPKIN PIE (American)

*Ingredients:* 1 pint of pumpkin cooked and well mashed, 1 pint milk, 1 breakfast cup of either white sugar, brown sugar or molasses syrup, 4 eggs,  $\frac{1}{2}$  teaspoon each of ground mace, cinnamon and nutmeg, 3 tablespoons butter.

*Method:* Cut the cooked pumpkin in small dice, and either mash to a smooth purée with a fork or rub through a sieve. Add 1 tablespoon butter to the pumpkin purée and a little salt. When quite cold, put the pumpkin in a basin, mix with the milk, the sugar or syrup, the spices, and the four eggs well beaten. A tablespoon of brandy greatly improves the flavour. Line a pie-dish with crust and bake this under crust lightly. Then fill with the pumpkin mixture, and bake in a quick oven for 30 minutes. When cold, sprinkle with sugar.

## RHUBARB PIE

It is best to use rhubarb which has been lightly stewed. Put the rhubarb in a pie-dish, lined with short crust, sprinkle freely with sugar, cover with a lid of pastry and bake in a moderate oven for 30 minutes.

## A SCOTCH PIE

Chop 1 lb. mutton suet, the meat of 2 calf's feet, previously boiled, and 1 lb. peeled and cored apples. Mix, and add  $\frac{1}{2}$  lb. raisins and  $\frac{1}{2}$  lb. currants, finely chopped. Season with a little nutmeg, cinnamon, mace, 1 oz. chopped candied citron, 2 ozs. shredded lemon peel, a glass brandy and 1 of Madeira. Line a pan which has a slip bottom with puff pastry, fill with the mincemeat, cover with a lid of pastry, decorate the lid and bake in a hot oven at first, so that the puff pastry will rise.

## PROFITEROLLES

Warm  $\frac{1}{2}$  pint milk and add 2 ozs. butter, 1 oz. sugar and pinch of salt. Add sufficient flour to make a paste, and stir till the mixture thickens. Remove from the fire and stir in 2 eggs. Shape into small balls, and bake in a quick oven till lightly browned. Serve with a hot Chocolate sauce (p. 570).

### LE ROUYAT

Wrap a whole unpeeled apple in bread dough (p. 670) and bake in the oven to a light golden colour.

### SAVARIN

*Ingredients:*  $\frac{1}{2}$  lb. flour, 1 level tablespoon yeast, 3 tablespoons unboiled but warm milk, 3 ozs. butter, 3 large eggs or 4 small ones,  $1\frac{1}{2}$  level tablespoons sugar, pinch of salt.

For the syrup which is poured over it: 6 ozs. lump sugar, 1 gill water, and 6 tablespoons kirsch.

*Method:* Sift the flour in a terrine or in a salad bowl, and make a well in the centre. Put the yeast in the middle and with the fingers mix with the warm milk and a little of the flour. Cover the yeast lightly with the flour and let it stand for 5 or 6 minutes. Now add the eggs, which should have been well mixed in a basin, and work with the hands for a few minutes, adding another tablespoon of milk. Knead for about 5 minutes. Cover the basin and stand in a warm place for 30 minutes. Add the melted butter, the salt and the sugar to the paste and work for another 5 minutes. Grease a shallow Turk's head mould, fill it only half way, and set to rise in a warm place. When it has risen almost to the top of the mould it is ready to bake. Put in a moderate oven and bake for about 40 minutes. Remove at once from the mould and put on a wire tray. Make a syrup with the water and sugar, and as soon as the sugar is dissolved let the mixture boil for 1 or 2 minutes. When nearly cold, add the rum, place the savarin on a dish and pour the syrup over it.

### STRAWBERRY SHORTCAKE (American)

*Ingredients:*  $\frac{1}{2}$  lb. flour, 2 eggs,  $1\frac{1}{2}$  ozs. sugar, 4 teaspoons baking powder, just under 1 oz. butter, pinch of salt.

*Method:* Mix the flour, sugar and baking powder and sift. Gradually work in the eggs, mixing with a knife and then with the tips of the fingers, work in the butter, moisten gradually with the milk, and work all thoroughly. To bake, divide the dough in two, roll out, and put half in a round tin. Butter the top of this slightly and cover with the remaining half of the dough; or the cake can be divided in half after it is baked. Bake in a quick oven for 12 minutes, testing with a skewer. When done, remove from the oven and fill, while still warm, with strawberries, well sprinkled with sugar and slightly crushed with a spoon. Finally cover the top with more strawberries.

### APPLE STRUDEL (Austrian) °

There are various recipes for making the batter for strudel, some in which a little butter is used, some in which oil takes the

place of butter, and some which include yeast. The recipe I give is the one most commonly used in Austria.

*Ingredients:* Just under  $\frac{1}{2}$  lb. flour, 1 whole egg, 1 tablespoon oil, pinch of salt, a little water.

For the filling: Peeled, cored and sliced apples, currants, raisins, breadcrumbs fried in butter, sugar, melted butter.

*Method:* Put the flour on a pastry board and make a well in the centre. In this, put the egg, the oil and pinch of salt. Mix first with a knife, then knead with the hands, adding a little water gradually. Work for 15 to 20 minutes, taking the dough in the hand and beating on the board. When it shows bubbles and no longer adheres to the hands, put it on a floured board, cover with a basin and let it stand for 1 hour. Put a large clean cloth about the size of a small table cloth on the kitchen table, sprinkle it with flour and roll out the dough. Lift the dough and with the back of the hands under it pull and stretch it carefully until it reaches the size of the cloth and is very thin and transparent. It is not easy to do this, and practise is necessary to pull the paste without breaking. Lay the paste on the cloth and carefully trim off the pieces hanging over the side of the table. Now brush the paste over with melted butter, sprinkle with the fried breadcrumbs, the sliced apples, the raisins, currants and sugar. Lift the two corners of the cloth with both hands and roll the paste into a long thin sausage. Bend it and place carefully on a well greased tin. Brush over with melted butter or fat and bake till it is a nice golden colour. Sprinkle with sugar, cut in thick slices and serve hot.

### STRUDEL WITH SOUR CREAM

The same as above but using the mixture given for Sour Cream Quenelles (p. 582) as a filling instead of the apples.

### TALMOUSES (Sweet)

Roll some puff pastry (p. 539) out thinly and cut into rounds of about 3 inches with a cake cutter. Raise 3 sides of the pastry slightly to give a triangular shape to the tartlets. Fill with Chou Paste (p. 545) mixed with Crème Frangipane (p. 547) flavoured according to taste.

### APPLE TART

Line a tart tin or plate with a layer of short crust and cover with previously stewed apples and a little syrup. Decorate with strips of pastry and bake in a quick oven for 25 to 30 minutes.

### APRICOT TART

The same as Apple Tart, using stewed apricots and syrup.

### APRICOT TART À LA METTERNICH

Line a plain mould with short crust. Peel the apricots, remove

the stones, put them in the mould with 4 stoned cherries between each, sprinkle freely with sugar and bake in a moderate oven for 30 minutes or till the apricots are tender. Serve with Apricot sauce (p. 546).

### BAKEWELL TART

Line a tart dish or flat dish with short crust and spread with the following mixture: Cream 2 ozs. sugar and butter thoroughly, mix in the yolks of 2 eggs and the white of 1, 2 ozs. ground almonds and 2 or 3 drops of almond essence. Beat thoroughly. Bake for about 30 minutes in a fairly quick oven. This can be eaten either hot or cold.

### TART BARTOLOMEO CALDERONI

Work 6 ozs. butter with 3 ozs. flour, 3 ozs. ground almonds, 2 ozs. sugar and the yolks of 2 eggs. Work the paste lightly and roll out on a floured board to a  $\frac{1}{4}$ -inch in thickness. Line a tart tin or plate with the pastry, but keeping some to decorate the tart. Cover with a thin layer of jam or fruit compôte (pp. 674, 672), flavoured with liqueur, and decorate with thin strips of the pastry, forming a lattice work. Brush the pastry over with a beaten yolk of egg, and bake in a moderate oven for 30 minutes, or till the paste is lightly coloured. Remove from the oven and let stand till quite cold. Remove carefully from the tin, as the pastry is very brittle.

### CREAM TART

Line a tart tin or plate with puff pastry (p. 539) and bake it, pricking the pastry with a fork so that it will not rise too much. When cold, fill with Crème Chantilly or Whipped Cream (p. 547), sweetened and flavoured with kirsch or maraschino. Decorate with crystallized fruits and glacé cherries and serve cold.

### DAMSON TART

Line a tart tin with short crust and cover with lightly stewed damsons. Sprinkle freely with sugar and decorate with strips of pastry. Bake for 30 minutes.

### DATE TART

Line a tart tin with puff pastry (p. 539) and bake it, pricking with a fork to prevent it from rising too much. Fill with the following mixture when cold: Remove the stones from 2 lbs. dates and rub the dates through a sieve. Work this purée with 2  $\frac{1}{2}$  ozs. butter and 1  $\frac{1}{2}$  ozs. shelled, chopped and browned hazel nuts. Sprinkle the top with more chopped hazel nuts. Serve cold. (The dates must not be cooked).

### GERMAN TART

Make the pastry with  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. butter, 2 whole eggs, 2 yolks,  $\frac{1}{2}$  lb. sugar, and work all thoroughly. Roll out to about

$\frac{1}{2}$ -inch in thickness, put on a thick tart pan, spread a thin layer of apple compôte (p. 673) with chopped almonds over it, decorate with strips of pastry brushed with yolk of egg, and bake in a moderate oven. When cold, remove from the tart pan.

### GOOSEBERRY TART

The same as Apple Tart (p. 618), using stewed gooseberries and sprinkling liberally with sugar.

### GRAPE TART

Line a tart tin with puff pastry (p. 539) and cover with stoned white grapes. Bake till the pastry is lightly coloured, remove from the oven and sprinkle freely with sugar.

### JAM TART

Line a tart tin or plate with either puff pastry or short crust, spread with a layer of jam, and bake till the pastry is a light golden colour. It can be eaten either hot or cold, and also decorated with strips of pastry.

### LA TARTE LYONNAISE

Line a tart tin with short crust and cover with the following mixture: Mix  $3\frac{1}{2}$  ozs. stale white breadcrumbs with 1 gill milk, 3 ozs. sugar, 3 or 4 blanched and pounded almonds, 1 tablespoon kirsch and finally mix in the yolks of 4 eggs and the whites of 2 eggs, beaten to a froth. Bake for 30 minutes in a moderate oven.

### NEOPOLITAN PIZZA

*Ingredients:* Puff pastry or short crust, 6 ozs. sour milk (when it has become solidified),  $2\frac{1}{2}$  ozs. sweet almonds, including 3 bitter almonds, 2 ozs. sugar, just under 1 oz. flour, 1 whole egg, and 1 yolk, 1 gill milk and a flavouring of either lemon or vanilla, according to taste.

*Method:* Put the milk, the sugar, flour and 1 egg in a saucepan and stir until the mixture begins to thicken. Remove from the fire and, after a few minutes, add the yolk of egg and the flavouring. Then stir in the sour milk and the almonds, previously blanched and skinned, and pounded in a mortar. Line a tart dish with the puff pastry or short crust, thinly rolled out, put the mixture on it, cover with another thin sheet of pastry and decorate with small pieces of pastry, cut in fancy shapes. Brush over with the yolk of an egg, and bake in a moderate oven for 25 to 30 minutes, till the pastry is a golden colour. This is served cold, and sprinkled with a little sugar.

### NEOPOLITAN TART ROLL

This excellent sweet consists of short crust, rolled out thinly,

sprinkled or brushed over with honey and strewn with chopped walnuts and hazel nuts, chopped candied peel and mixed spices. It is then rolled up to form a long sausage, and this is twisted into a spiral and baked in a moderate oven for 30 minutes till it is of a golden colour.

#### PRUNE TART

Line a tart tin or plate with short crust, spread with a layer of Compôte of Prunes (p. 673) and bake for 30 minutes.

#### RED CURRANT AND RASPBERRY TART

Proceed as in foregoing recipe, but use equal parts of red currant and raspberry purée (p. 548).

#### TREACLE TART

Line a tart tin or plate with short crust, put a thin layer of treacle over it and bake till the edges of the crust are slightly coloured. Breadcrumbs are sometimes mixed with the treacle to prevent the treacle running. Powdered ginger is sometimes mixed with the breadcrumbs.

#### APPLE TARTLETS

Line pâté tins with puff pastry and fill with apple purée (p. 548). Bake till the pastry is lightly coloured.

#### BALMORAL TARTLETS

Line pâté tins with short crust and fill with the following mixture: Cream 1 oz. butter with 1 of castor sugar, stir in the yolk of 1 egg,  $\frac{1}{2}$  oz. cakecrumbs, 2 or 3 glacé cherries finely chopped and  $\frac{1}{2}$  oz. shredded candied peel. Lastly stir in the white of egg, beaten to a stiff froth. Cover each tartlet with 2 narrow crossed strips of pastry and bake for 20 minutes in a moderate oven.

#### TARTLETS CHANTILLY

Garnish tartlets of baked puff pastry with sweetened Chantilly Cream (p. 547) and garnish each with a glacé cherry.

#### CHERRY TARTLETS

The same as preceding recipe, but fill the tartlets with cherry compôte (p. 673).

#### DAMSON TARTLETS

The same as preceding recipe, but fill with stewed damsons. Bake for 20 minutes and sprinkle with sugar when done.

#### CUSTARD TARTLETS

The same as preceding recipe, but filled with custard (p. 574). Bake till set and sprinkle with sugar.

## FRUIT TARTLETS

The same as preceding recipes, but the tartlets can be filled with any fruit compôte, stewed fruit, or fruit purées (pp. 672, 548) and baked till the pastry is lightly coloured.

## PLUM TARTLETS

The same as preceding recipes. The tartlets should be quite small, and the pastry baked. Place 1 plum, cooked in compôte (p. 672) in each tartlet and cover with a little syrup. This is served cold.

## JAM TARTLETS

The same as Jam Tart (p. 620) but using tartlets.

## MAIDS OF HONOUR

Fill tartlets of puff pastry with the following mixture: Pound in a mortar 2 ozs. sweet almonds, previously blanched and skinned, with 4 ozs. sugar. Add 2 yolks of egg,  $\frac{1}{2}$  oz. flour, 2 tablespoons cream, and flavour with a little orange flower water. Bake in a moderate oven till a light golden colour for about 15 minutes.

## ORANGE TARTLETS

Fill the baked puff pastry (p. 539) tartlets with slices of orange compôte (p. 672) flavoured with a little curaçao.

## PUMPKIN TARTLETS

Fill the tartlets with the same mixture as in recipe for Pumpkin Pie (p. 616) and bake for 20 minutes in a moderate oven.

## "TROUBLED THOUGHTS"

*Ingredients:* Just under  $\frac{1}{2}$  lb. flour, the yolks of 4 eggs, 3 tablespoons castor sugar, 5 tablespoons white wine or water, pinch of salt, frying oil or good fat.

*Method:* Work the flour and eggs with a knife, then add the other ingredients and knead for about 20 minutes. The paste should be light but quite firm. Mould into an oblong shape, cover with a basin and let it stand for 30 minutes. Now cut very small pieces from the paste and roll them out on a floured pastry board as thinly as possible into rounds of about 3 inches. With a sharp knife make 4 small incisions in each round. Thread the handle of a wooden spoon in and out of these incisions. Have ready a small deep saucepan of boiling oil or fat. Dip the "Troubled Thought" in the hot fat, holding it with the wooden spoon. After about 1 minute, slip the spoon out as the "Troubled Thought" will be sufficiently cooked on one side, turn it carefully and cook the other side to a light golden colour. Have ready a plate with icing sugar and dip them in this while still hot, coating them equally all over. They should be very light and crumbly.



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There are two different kinds of ices: those made with a mixture of yolks of egg and milk, sometimes with the addition of cream, and those made with the pulp of fresh fruit and a light syrup.

In the first of these, the number of yolks of egg varies, but, as a general rule, a good ice can be made with 4 to 5 yolks of egg to every quart of milk, and 6 to 8 ozs. sugar. Beat the yolks of egg and sugar to a smooth paste and add the boiling milk gradually, stirring continuously. Then stir over a very slow fire till the mixture begins to thicken and to coat the spoon, but do not allow to

boil. Strain through a coarse wire sieve into a basin and stir till cold. Put in the freezer. For ices made with fruit pulp, allow equal quantities of pulp or purées (p. 548) and of light syrup. Thin out to the proper consistency with water.

### ALMOND ICE

Pound 2 ozs. almonds and 3 or 4 bitter almonds in a mortar, and add to the milk which is to be boiled. Use same proportions as given in foregoing recipe for ices made with milk and eggs.

### CHOCOLATE ICE

When 1 quart of milk is being used, dissolve 6 ozs. chocolate in a little water and add to the milk when quite smooth. Use only 4 ozs. sugar.

### COFFEE ICE

Add 4 tablespoons strong coffee to the milk and boil. Proceed as in foregoing recipes.

### FILBERT ICE

Pound 3 ozs. shelled and lightly grilled Filbert nuts in a mortar, and add to the boiling milk.

### GLACÉ COUCHER DU SOLEIL

Put 1 lb. strawberries in a basin, sprinkle with sugar and a little Grand Marnier liqueur. Keep them on ice or in a cold place for 1 hour. Then rub through a sieve and put in the freezer. When half frozen, mix with  $\frac{1}{2}$  pint of Crème Chantilly (p. 548) and freeze, but not too hard.

### GLACÉ DAME JEANNE

Coat a plain mould with Vanilla Ice (p. 625) and fill with Crème Chantilly (p. 548), sweetened, or flavoured with orange flower water and mixed with 1 or 2 tablespoons pralin (p. 549). Put the mould in the freezer and freeze till set. Turn out carefully.

### GLACÉ DORA

The same as preceding recipe, but the Chantilly cream is flavoured with kirsch, and mixed with fresh diced pineapple and gooseberries.

### GLACÉ FRANÇILLON

Coat a square plain mould with Coffee Ice (p. 624) and the centre with a vanilla ice, flavoured with 1 liqueur glass of brandy.

### GLACÉ DES ÎLES

Coat a fluted mould with Vanilla Ice (p. 625) and fill with pineapple ice (p. 629).

### GLACÉ MADEIRAINE

Fill a fluted mould with Vanilla Ice (p. 625) mixed with equal

quantities of Crème Chantilly (p. 547) to which 2 or 3 ozs. candied fruit, chopped, and soaked in kirsch, have been added.

### GLACÉ PLOMBIÈRES

Fill a mould with alternate layers of Vanilla Ice (p. 625) mixed with candied chopped fruit, previously soaked in kirsch and apricot jam.

### ICE WITH PRALIN

Add 4 ozs. pralin (p. 549) to 1 quart Vanilla Ice (below).

### MAPLE SYRUP ICE CREAM

*Ingredients:* 1 quart milk or 1 pint milk and 1 of cream, 6 eggs, 1½ cups maple syrup, vanilla flavouring.

*Method:* Put the milk or cream in a saucepan and bring to the boil. Mix the yolks of eggs with the maple syrup, and, when the milk is nearly cold, stir in gradually till well blended. Beat the whites of eggs to a froth, and fold in to the mixture. Flavour with vanilla, and pour mixture into the freezer.

### MERINGUES WITH ICE

Fill the meringues (p. 548) with Vanilla Ice, or any of the cream ices.

### NUT ICE

Pound 2 ozs. fresh shelled nuts and add to 1 quart of the boiling milk used to make the ice mixture.

### PISTACHIO NUT ICE

Pound 1 oz. sweet almonds with 2 ozs. pistachio nuts, moistening with a little milk. Proceed as in foregoing recipe.

### TEA ICE

Add 1 gill strong tea to ¾ pints boiling milk, and proceed as in foregoing recipes.

### VANILLA ICE

Add 1 teaspoon vanilla essence to the boiling milk, or a small stick of scraped vanilla pod. Proceed as in foregoing recipes.

### VANILLA AND STRAWBERRY ICE

Mix equal parts of vanilla and Strawberry Ice mixture (p. 629) and freeze.

### HOW TO PREPARE AND SERVE COUPES

These consist either of different kinds of ices served in wide-mouthed glasses, or of ices garnished with Crème Chantilly (p. 547) and various fruits.

## COUPES ALEXANDRIA

Put a tablespoon of fruit macédoine (p. 561) sprinkled with kirsch in each glass and cover with Strawberry Ice, (p. 629).

## COUPES ANDALOUSE

Half fill the glass with small quartered oranges, soaked in maraschino and cover with lemon ice.

## COUPES BOHÉMIENNE

Fill the glasses with vanilla ice and marrons 'glacés (glacé chestnuts), chopped and previously soaked in rum. Cover with Apricot sauce (p. 546) flavoured with rum.

## COUPES FAVORITE

Fill the glasses with vanilla ice, flavoured with maraschino and kirsch, surround with a thin band of Pineapple Ice (p. 629) and in the centre put a little Crème Chantilly (p. 547) flavoured with strawberry purée (p. 548).

## COUPES JACQUES

Fill the glasses with a layer of Lemon Ice and a layer of Strawberry Ice (pp. 628, 629) and cover with a Macédoine of Fruit (p. 561) flavoured with kirsch.

## COUPES MALMAISON

Fill the glasses with vanilla ice to which a few peeled and stoned Muscat grapes have been added.

## COUPES MÉXICAINE

Fill the glasses with Tangerine Ice (p. 629) mixed with diced pineapple.

## COUPES PETIT DUC

Half fill the glasses with Vanilla Ice (p. 625), and over it place a peach poached in syrup, and surround with lemon ice.

## COUPES THAIS

Half fill the glasses with Vanilla Ice (p. 625). Place half a peach in each glass, surround with Crème Chantilly (p. 547) and sprinkle with grated chocolate.

## COUPES TUTTI FRUTTI

Put a tablespoon chopped candied mixed fruit, sprinkled with kirsch, in each glass, and cover with alternate layers of strawberry, pineapple and lemon ice, with a layer of fruit between each.

## COUPES VÉNUS

Half fill the glasses with vanilla ice (p. 625). In each put a small peach, cooked in syrup, flavoured with vanilla, and on top of each peach put a small strawberry or raspberry. Surround with Crème Chantilly (p. 547).

## BISCUITS GLACÉS

The mixture for *biscuit glacés* consists of  $\frac{1}{2}$  lb. sugar, 6 yolks of egg, 4 ozs. Italian meringue (p. 548) and  $\frac{1}{2}$  pint whipped cream. Beat the yolks of egg and sugar till very smooth in a basin which should be stood in a saucepan of hot water. Remove the basin from the saucepan and continue beating till the mixture is quite cold. Then mix in the meringue and the whipped cream. The biscuits glacés are put in special brick-shaped rectangular moulds having three compartments, each of which is filled with a different coloured and flavoured biscuit glacé. The flavours, etc., can be greatly varied.

## BISCUIT GLACÉ MARQUISE

Alternate layers of vanilla and strawberry biscuit glacé.

## BISCUIT GLACÉ MONT BLANC

The first layer consists of the plain biscuit glacé mixture (above) flavoured with rum, the second of biscuit glacé mixture with a few pounded chestnuts and the top is the same as the first layer.

## BISCUIT GLACÉ À LA NAPOLITAINE

This consists of a layer of vanilla biscuit glacé, the second of strawberry and the third of pistachio nuts.

## BOMBES GLACÉES

The mixture for *bombes glacées* is variable, a larger proportion of yolks of eggs being generally used by chefs. A good mixture is the yolks of 8 eggs, 1 gill light syrup and just over 1 pint whipped cream. Put the yolks of eggs in a saucepan and beat with the syrup till thick. Remove from the fire and whip till cold, on ice, if possible. Then add the flavouring and the whipped cream.

## BOMBE ABRICOTINE

Coat a mould (special mould for bombes) with Apricot Ice (p. 628) and fill the centre with alternate layers of the bombe mixture, flavoured with kirsch, and with apricot jam.

## BOMBE ALHAMBRA

Coat the mould with Vanilla Ice (p. 625), and fill with Strawberry bombe mixture (above). Serve with a garnish of strawberries, sprinkled with kirsch.

**BOMBE MARIE-LOUISE**

Coat the mould with Raspberry Ice (p. 629) and fill with a bombe mixture flavoured with vanilla.

**Fruit Ices****APRICOT ICE**

Mix every  $\frac{1}{2}$  pint apricot purée (Fruit purées, p. 540) with  $\frac{1}{2}$  pint light syrup. Add the juice of 2 lemons.

**BANANA ICE**

Sprinkle  $\frac{1}{2}$  pint banana pulp with kirsch and let stand for 1 hour. Mix with  $\frac{1}{2}$  pint light syrup and the juice of 3 oranges.

**CHERRY ICE**

Pound  $\frac{1}{2}$  pint stoned cherries and pound the stones as well. Sprinkle with kirsch and let stand for 1 hour or more in  $\frac{1}{2}$  pint syrup. Rub through a sieve and add the juice of  $\frac{1}{2}$  lemon.

**GOOSEBERRY ICE**

Mix equal parts of syrup and gooseberry juice. As this fruit is apt to be acid, no lemon juice is used.

**GRAPE ICE**

Add the juice of 3 lemons to 3 pints grape juice and sweeten to taste. Rub through a sieve.

**LEMON ICE**

Soak the zest of 3 lemons in  $\frac{1}{2}$  pint cold light syrup. Then add the juice of 3 lemons and of 2 oranges, and strain.

**MELON ICE**

Mix  $\frac{1}{2}$  pint ripe melon pulp with  $\frac{1}{2}$  pint syrup, and add the juice of 2 oranges and 1 lemon. Rub through a sieve.

**ORANGE ICE**

Add the zest of 4 oranges to 2 pints boiling syrup. When cold, add the juice of 4 oranges and 1 lemon. Rub through a sieve.

**PEACH ICE**

See Apricot Ice (p. 628).

**PEAR ICE**

Peel and core the pears and pound in a mortar with equal quantities of castor sugar, adding the juice of 1 lemon to every lb. of pears. Rub through a sieve and thin with cold water.

## PINEAPPLE ICE

Put  $\frac{1}{2}$  pint pineapple pulp in a basin and mix with  $\frac{1}{2}$  pint syrup, flavoured with maraschino, or other suitable liqueur. Let stand 2 hours, and rub through a sieve.

## PLUM ICE

See Apricot Ice (p. 628).

## RASPBERRY ICE

Mix  $\frac{1}{2}$  pint raspberry purée (see Fruit purées, p. 548) with  $\frac{1}{2}$  pint syrup. Add the juice of 1 lemon and 1 orange.

## STRAWBERRY ICE

The same as Raspberry Ice (above).

## TANGERINE ICE

Add the zest of 4 tangerines to  $1\frac{1}{2}$  pints boiling syrup. When cold, strain and add the juice of 6 tangerines, 2 oranges and 1 lemon.

## ICED PUDDINGS

Iced puddings hardly belong to the category of ices proper, as they are not generally frozen in the same manner as ices, but merely well iced.

## POUDING CLERMONT

Prepare a Bavarois (p. 551) flavoured with rum and add a  $\frac{1}{4}$  of whole marrons glacés (glacé chestnuts) to every  $\frac{3}{4}$  of Bavarois and 1 or 2 tablespoons of chopped marrons glacés. Put in a mould and freeze lightly or stand on ice.

## POUDING DIPLOMATE

See p. 599, but put in a mould and freeze.

## NESSELRODE ICE PUDDING

Rub  $\frac{1}{2}$  lb. cooked chestnuts through a sieve and add to 2 pints Crème anglaise or Custard (p. 548). Mix in a  $\frac{1}{4}$  lb. chopped raisins and currants, and chopped candied orange peel and glacé cherries. Add whipped cream in the same proportion as for Bavarois (p. 551) flavoured with marschino. Put in a mould and freeze lightly.

## LIQUEUR ICES

The liqueur can be added either to the ices made with milk, etc. or to fruit ices, the proportion being 4 tablespoons to every quart of the mixture. The liqueur is generally added to the mixture when this is quite cold.

## MOUSSE GLACÉE

Fruit iced mousse is made with equal parts of fruit purée and syrup (cold), and double the quantity of Crème Chantilly (p. 547) or whipped cream, which should be very firm.

Cream ice mousse is made with equal quantities of Crème anglaise or Custard (p. 548) and cream, flavoured according to taste. The whole is whipped till very light and firm and turned out in paper moulds and frozen.

These mousses can be flavoured with coffee, chocolate, kirsch, maraschino, rum, tea, apricots, oranges, etc.

## SORBETS

Sorbets are very light ices, which, a few years ago were served in the middle of the dinner, after the entrées. They are usually flavoured with liqueurs. They can be prepared in the same manner as liqueur ices (p. 629). The best known sorbets, and the most popular, are the following:

## PUNCH À LA ROMAINE

Add, according to taste, either white wine or champagne to  $\frac{1}{2}$  pint light syrup, with the juice of 3 lemons and 2 oranges, a strip of lemon peel and a strip of orange peel. Let stand for 1 hour and strain. Put the mixture in the freezer and, when it begins to freeze, add  $\frac{1}{4}$  of the quantity of Italian meringue. Mix thoroughly and replace in the freezer. When firm, and just before serving, mix in gradually 6 tablespoons of rum. Serve in glasses.

## SORBET À LA SICILIENNE

This consists of a watermelon which is kept on ice, or surrounded with crushed ice for 2 or 3 hours. Remove the top of the melon and remove all the seeds and stringy parts. Detach the pulp of the melon with a spoon, but without taking it out of the melon. Flavour with maraschino and again put on ice for 1 hour. Serve surrounded with crushed ice.

## ICED SOUFFLÉS

These can be made with the same mixtures as iced mousse (p. 630) and flavoured with vanilla, etc. The fruit soufflés can be made by whipping 5 eggs to a stiff froth, adding 1 tablespoon thick syrup,  $\frac{1}{2}$  pint fruit purée (p. 548) and  $\frac{1}{2}$  pint very stiffly beaten cream, sweetened and flavoured according to taste.

A large soufflé is put in an ordinary soufflé dish, the sides of which are lined with paper 2 or 3 inches higher than the



dish. Fill the soufflé dish with the preparation almost to the top of the paper and, when the soufflé has been frozen and is set, remove the paper carefully. The soufflé will appear to have risen in the same manner as a hot soufflé. Proceed in the same manner for iced soufflés served in individual dishes.

# WATER ICES

Water ices are made with uncooked fruit and sugar. The fruit is crushed with a fork; freely sprinkled with sugar, and left to stand for some hours, till some of the juice has oozed out. The fruit is then strained through a muslin cloth and the juice is diluted with water and the mixture frozen in the ordinary way. Liqueurs can be added, according to taste.

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### ALLUMETTES AUX ANCHOIS

See Hors d'Œuvre (p. 92).

### ALLUMETTES AUX CREVETTES

The same as preceding recipe, but using a few shelled prawns, mixed with a little thick Béchamel sauce (p. 52).

### ALLUMETTES AU FROMAGE

The same as Allumettes aux Anchois, but instead of the anchovies, cover the Allumette with coarsely grated cheese, seasoned with cayenne.

### ANCHOVY TOASTS

These may consist either of anchovy paste spread on dainty slices of toast or fried bread, decorated with 2 or 3 fillets of anchovy and put in a hot oven for a few minutes and served very hot, or merely of filets of anchovy served on slices of lightly toasted, buttered bread, without the anchovy paste.

### ANCHOVY TART

Line a small tart tin with puff pastry (p. 539), cover with a layer of Fish Forcemeat (p. 182) and over this put long strips of anchovies, previously washed and boned, and arrange in a trellis work pattern. Put in a brisk oven for 15 to 20 minutes.

### ANCHOVY AND TUNNY FISH FRITTERS

Cut neat  $1\frac{1}{2}$ -inch rounds of tunny fish (in oil) and wrap these in fillets of anchovy (in oil). Dip in frying batter and fry in deep fat to a light golden colour (pp. 83, 87).

### ANCHOVY AND TUNNY FISH TOASTS

Pound equal parts of tunny fish (in oil) and anchovies (in oil) in a mortar with a little butter. Spread neat rounds of toasted bread with the paste and put in a brisk oven for 5 to 8 minutes to get very hot.

### "ANGELS ON HORSEBACK"

This is one of the most delicious of English savouries. It consists of an oyster, seasoned with a little lemon juice and cayenne pepper, wrapped in a thin rasher of bacon from which the rind has been removed, secured by a skewer, and the whole either grilled, fried in butter or baked in a quick oven so that the bacon is crisp. The skewer is then removed and the "Angel on Horseback" is served on a piece of toast or on fried bread, and sprinkled with a little more lemon juice and cayenne pepper.

### BEIGNETS SOUFFLÉS AU FROMAGE

The same as Fritters Soufflés in Sweet section (p. 576) but without sugar and adding grated cheese to the paste.

### BEURREKS À LA TURQUE

Put  $\frac{1}{4}$  lb. Gruyère cheese, cut in small pieces, in a saucepan with 3 tablespoons of thick white sauce. Stir till the mixture thickens. When cold, shape into small sausages, about 4 inches long, wrap each in a thin piece of pastry, and fry in boiling oil to a light golden brown.

### BLEENY

See Pancakes (p. 578), and Hors d'Œuvre (p. 94).

### BOMBAY TOAST

Melt 1 tablespoon butter in a frying pan, stir in 2 eggs, season with salt, pepper and cayenne, add 2 or 3 chopped anchovies and a few chopped capers. Spread on small rounds of buttered toast.

### BOUCHÉES AUX ANCHOIS

Bouchées consist of very small puff pastry pâtés—or sometimes they are made of brioche paste (p. 543)—with a filling. Add chopped anchovies to fish forcemeat and put a little of the mixture in each pâté or bouchée. (The bouchées should be baked before filling.) Put in a brisk oven for 5 to 8 minutes to get thoroughly hot.

**BOUCHÉES AUX CREVETTES**

Fill the bouchées with 2 or 3 shelled prawns, mixed with thick Béchamel sauce (p. 52).

**BOUCHÉES AUX CHAMPIGNONS**

Fill the bouchées with chopped cooked mushrooms, mixed with thick Duxelles sauce (p. 60) and highly seasoned with salt, pepper and cayenne.

**BOUCHÉES OF CHICKEN LIVERS**

Fill the bouchées with cooked chopped chicken livers, highly seasoned with salt, pepper and cayenne.

**BOUCHÉES AU FROMAGE**

Cut some cheddar cheese in small dice, mix with Mornay sauce (p. 65) and fill the bouchées with the mixture.

**BOUCHÉES AUX HUITRES**

Fill the bouchées with 1 or 2 oysters, mixed with Béchamel sauce (p. 52), or with Escoffier Oyster Cocktail sauce.

**BOUCHÉES À LA MOËLLE**

Fill the bouchées with cooked beef marrow and season highly with salt and cayenne.

**BOUCHÉES AUX RIS DE VEAU**

Fill the bouchées with cooked calves' sweetbreads mixed with thick Duxelles sauce (p. 60)

**BROCHETTES DE FOIE DE VOLAILLE**

Put alternate pieces of equal size of chicken livers, bacon and mushrooms on a skewer and fry in butter, seasoning highly with salt, pepper and cayenne. Serve very hot.

**BROCHETTES DE CHAMPIGNONS**

Put small mushrooms on a skewer alternately with bacon and fry in butter.

**BROCHETTES AUX HUITRES**

Put 3 or 4 oysters on a skewer with a small round of bacon between each. Season the oysters with salt and cayenne, sprinkle with flour and fry in butter.

**BROCHETTES DE PARME**

Make some very small gnocchi (p. 526), seasoning the paste with Parmesan cheese. Put on skewers and fry in butter. Sprinkle with more Parmesan cheese before serving.

**BROCHETTES VILLEROY AUX HUITRES**

Blanch a few oysters, drain and put on skewers with alternate slices of mushrooms. Season with salt and cayenne and fry in butter.

**BUCK RABBIT**

Chop  $\frac{1}{4}$  lb. Cheshire or Cheddar cheese, and put in a saucepan with 2 or 3 tablespoons ale, 1 teaspoon butter, 1 teaspoon lemon juice, a good dash of Worcester sauce, two well-beaten eggs, and season highly with salt and cayenne pepper. Stir over a moderate fire until the mixture is of the consistency of thick cream, and serve on slices of hot buttered toast.

**CACIMPERIO**

The cacimperio is made with 6 ozs. chopped cheese, previously soaked in milk for 2 hours, just over 3 ozs. butter, the yolks of 4 eggs and a little milk. The butter is put in a saucepan, and when it begins to colour the cheese is added, with 2 tablespoons of the milk in which it has soaked. The mixture is stirred continuously, but should never boil. When the cheese is completely dissolved, the saucepan is removed from the fire, and the yolks of eggs are mixed in. The saucepan is replaced on the fire, the mixture again well stirred and, as soon as it is of the consistency of thick cream, it should be served.

**CALVES' BRAINS À LA SACHER**

Cook the prepared and blanched calves' brains (p. 28) in butter, with chopped onions, blanched turnips, and 3 tablespoons white wine, seasoning with salt, pepper and cayenne. When done, drain and put in scallop shells. Cover with a little beaten egg, sprinkle with grated Parmesan cheese and chopped anchovies and put in a brisk oven till the egg has just set.

**CANAPÉS OR TOASTS WITH BLOATERS**

Cut slices of bread about  $\frac{1}{4}$  inch thick, and remove the crust. Cut in rounds, squares, ovals, rectangles, etc., according to taste. Spread the toasted bread lightly with butter and cover with chopped cooked bloater. Season highly with cayenne pepper and put in a brisk oven for a few minutes only, to get thoroughly hot.

**CANAPÉS À LA DUXELLES**

Spread the toast with a layer of thick Duxelles sauce (p. 60), sprinkle with cheese and brown lightly under the grill or in a brisk oven.

**CANAPÉS DES GOURMETS**

Coat a thin slice of buttered toast with a little cheese Fondue (p. 637), place a thin rasher of cooked bacon over it, and cover

with a slice of thin buttered toast, thus making a sandwich. Put in a brisk oven for 3 or 4 minutes to get thoroughly hot.

### CANAPÉS OF HADDOCK

Flake the cooked haddock and cook in butter for a few minutes, seasoning with cayenne. Spread on the hot buttered toasts and serve very hot.

### CANAPÉS IVANHOE

Pound the cooked haddock in a mortar, put in a saucepan and cook for a few minutes only with butter and a little milk. When the consistency of thick cream, season with cayenne, and spread this purée on hot rounds of toasted bread. Put a small grilled mushroom on each canapé.

### CANAPÉS OF OLIVES AND CAPERS

Chop a few olives and half the quantity of capers and mix with thick Béchamel sauce (p. 52). Spread on rectangular pieces of toasted bread and put in a brisk oven for 5 minutes till quite hot.

### CANAPÉS OF OYSTERS MORNAY

Put 2 oysters on oval-shaped slices of toast, cover with Mornay sauce (p. 60) and put in a brisk oven till the sauce is slightly set.

### CANAPÉS WITH SCRAMBLED EGGS

Cover rounds of toasted bread with scrambled eggs, mixed with cheese (p. 239) and sprinkle with cheese just before serving.

### CANAPÉS OF SCRAMBLED EGGS WITH ANCHOVIES

The same as preceding recipe. Garnish the scrambled eggs with fillets of anchovies, arranged in a trellis work pattern.

### CANAPÉS OF SCRAMBLED EGGS WITH CHICKEN LIVERS

Cover the toasts with Scrambled Eggs aux Foies de Volaille (p. 238).

### CANAPÉS OF SCRAMBLED EGGS À L'INDIENNE

The same as preceding recipe, but with Scrambled Eggs à l'Indienne (p. 239).

### CHEESE PATS OR CAKES

These can be made with various kinds of cheese, mixed with butter, chopped celery, breadcrumbs, etc. They are uncooked and served with cheese biscuits and butter.

**CAMEMBERT WITH BUTTER AND BREADCRUMBS**

Remove the crust from the Camembert, put the cheese in a basin and work to a paste with a quarter of the quantity of butter. Roll into neat pats or shape into small neat squares and coat with lightly-browned breadcrumbs. Serve with cheese biscuits.

**CAMEMBERT AND CELERY PATS**

The same as preceding recipe, but adding a little chopped celery to the mixture.

**CREAM CHEESE AND GRUYÈRE**

Cut very thin strips of gruyère cheese and "lard" a cream cheese with them.

**GRUYÈRE SANDWICHES**

Place a layer of cream cheese between two thin slices of Gruyère cheese of equal size.

**ROQUEFORT BISCUITS**

Put a thin layer of cream cheese on a cheese biscuit and sprinkle with roquefort cheese. Gorgonzola can be used instead of roquefort.

**CHEESE BREAD PUDDING**

Line a small pie-dish with thin slices of stale bread, well buttered and sprinkled with grated cheese, and half fill the dish with more slices of bread. Moisten with milk, cover with beaten yolks of egg, sprinkle with grated cheese and bake in a brisk oven.

**CHEESE CORKS**

Add grated cheese to an unsweetened Chou paste (p. 545), shape into small corks, coat with flour, yolk of egg and bread-crumbs and fry in deep fat (p. 87). Drain and serve very hot.

**CHEESE FONDUE**

*Ingredients:* Allow 1 egg to each person. The eggs should be weighed. Allow a third of their weight of Gruyère cheese and a sixth of their weight of butter. Salt and pepper.

*Method:* Break the eggs in a saucepan and beat and mix as for an omelet (p. 239). Add the butter, divided in small pieces, and the cheese, sliced or grated. Put on a brisk fire and stir continuously till the mixture begins to thicken. It should be the consistency of a cream, just sufficiently thick to be eaten with a fork. Immediately it has attained this consistency it should be poured on a warm (not too hot) dish—if left for a minute in the saucepan it will be overcooked. La Fondue should be well seasoned with salt and plenty of pepper. Brûat-Savarin recommends a bottle of the very best red wine as an accompaniment to La Fondue.

### CHEESE FONDUE WITH WINE

Beat the yolks and whites of 2 eggs separately. Put 1 wine glass white wine in a saucepan with  $\frac{1}{2}$  lb. grated Gruyère cheese, the beaten yolks and whites of egg and season with salt, pepper and cayenne. Stir continuously with a wooden spoon over a slow fire. When of the consistency of thick cream, pour at once on hot buttered toast.

### CHEESE MERINGUES

Beat the whites of 2 eggs to a stiff froth, and add gradually 2 ozs. grated Parmesan cheese or Gruyère, and season with salt and cayenne. Drop 1 tablespoon of the mixture at a time in hot butter or lard, and fry to a light golden colour. Drain and serve very hot.

### PIROSHKI (Russian)

*Ingredients:* For the paste: the same paste as for "choux" and "éclairs" (p. 545), to which a little grated cheese is added. For the filling and coating: a thick Béchamel sauce (p. 52), to which a small quantity of cheese has been added, and finely shredded cooked mushrooms. Breadcrumbs, flour, the yolks of 1 or 2 eggs.

*Method:* Pour a thin layer of the paste in 2 baking tins and bake in a moderate oven till the paste has risen about  $\frac{1}{2}$  inch and is slightly browned. Remove the paste from the tins, and cover one sheet of pastry with the Béchamel, to which grated cheese and shredded mushrooms have been added. Cover with the other sheet of pastry, and divide into rectangular pieces, about 3 inches long and just under 1 inch wide. Coat these with Béchamel, dip in fine breadcrumbs, then in flour. Coat with beaten yolk of egg, again dip in fine breadcrumbs, and fry in boiling fat.

### CHEESE RAMEKINS

Put 1 breakfastcup of milk in a saucepan, bring to the boil and add 3 tablespoons brown breadcrumbs, 2 tablespoons melted butter, and 6 tablespoons grated Cheddar. Season with salt and cayenne, stir for 2 or 3 minutes over a slow fire, add the yolks of 2 eggs and the whites beaten to a stiff froth, and pour into ramekin dishes. Brown in a quick oven for 5 or 6 minutes.

### CHEESE RISSOLES

See Pastry Rissoles (p. 613). Sprinkle the rissoles freely with grated cheese before folding.

### CHEESE LAYER CAKE

Cut thin slices from a sandwich loaf and butter each on both sides, removing the crust. Coat a slice with grated Cheddar, over



this lay another slice, and cover with Gorgonzola, cover with another slice, and spread this with Camembert, and continue till there are altogether 6 or 9 slices. To serve, cut down in slices.

### CHEESE STRAWS

Grate 2 ozs. Parmesan cheese and 1 oz. Cheddar or Cheshire cheese, mix with  $2\frac{1}{2}$  ozs. flour, rub in the same quantity of butter, and season with salt and pepper. Work well, add the yolk of 1 egg, and a little water, if necessary. Roll out thinly, and cut into strips about 5 inches long, and not more than  $\frac{1}{4}$  inch thick. Shape a few of these strips in rings. Bake in a moderate oven till a light golden colour and quite crisp. To serve, fill each ring with a few cheese straws and arrange on a dish in the manner of corn sheaves. They should be served very hot.

### CHILALY ON TOAST

Chilaly is made by melting a little butter in a saucepan, adding 1 teaspoon finely-chopped onion, the pulp of 1 tomato, 1 tablespoon pimiento, finely chopped,  $\frac{3}{4}$  lbs. cheese, 3 or 4 table-spoons of milk, and 1 egg.

Season highly with salt and cayenne. Stir till the mixture thickens and serve very hot, on toast.

### CHEESE SOUFFLÉ

See Fish Soufflés (p. 181), using the same quantity of grated cheese instead of fish, and seasoning with cayenne. Cheese soufflés can also be made in small individual soufflé dishes, and only require about 15 minutes in the oven.

### CHOUX AU FROMAGE

See Choux à la Crème (p. 608). These savoury choux should be very small, about the size of a golf ball, and filled with a little Fondue mixture (p. 637).

### COD'S ROE ON TOAST

Put a little poached cod's roe (p. 177) cooked in butter, on rounds of hot buttered toast and season with salt and cayenne.

### CROQUE-MONSIEUR

Put a slice of lean ham between 2 thin slices of Gruyère cheese and sandwich these between 2 thin slices of bread. Cut out in small rounds with a cake cutter, and fry in clarified butter till lightly browned on both sides.

### CURRIED BISCUITS

See Sandwiches and Snacks (p. 691).

## DELMONICO RABBIT

This is an excellent recipe in which the cheese never becomes "tacky," as it is apt to do in most Welsh rabbits.

Grate either American, Cheshire or Cheddar cheese, put it in a chafing dish or a saucepan on not too quick a fire, and stir. When it begins to melt, season highly with salt, pepper and cayenne, add  $\frac{1}{2}$  glass of beer or ale, the yolk of 1 egg well beaten, and the white of the egg beaten stiffly. Stir unceasingly till the mixture begins to thicken, add 1 heaped teaspoon of made mustard, and pour at once on hot toast. Serve on very hot plates.

## DEVILLED CHICKEN LIVERS

Wrap a small piece of partially cooked chicken liver, coated with Mustard Butter (p. 75), in a thin rasher of bacon and grill under or over a quick fire. Serve on slices of hot buttered toast.

## DEVILLED SARDINES

Skin and bone the number of sardines required and cover with Mustard Butter (p. 75). Coat with flour, yolk of egg and breadcrumbs and fry in butter. Serve on strips of fried bread.

## "DEVILS ON HORSEBACK"

Wrap a stoned French plum, or prune, previously soaked, and cooked till tender, in a thin slice of bacon, fix with a skewer, and fry in butter, seasoning with cayenne. Serve on a croûte of fried bread (p. 25).

## DRESSED CHEESE

Dissolve 2 ozs. cheese in a wine glass of milk, on a slow fire. Remove from the fire and stir in the yolk of 1 egg and the white, beaten to a froth. Season with salt and cayenne, and stir over a slow fire till the consistency of very thick cream or custard. Serve on hot buttered toast.

## FISH SOUFFLÉ

See p. 181.

## FRIED CAMEMBERT

Remove the crust from a firm Camembert cheese and divide the cheese into  $\frac{1}{2}$ -inch thick strips. Sprinkle with cayenne, coat with flour, yolk of egg and breadcrumbs twice, and fry in deep fat (p. 87). Drain and serve at once.

## FRIED OYSTERS ON TOAST

See Fried Oysters (p. 222).

## FRIED STUFFED EGGS

See p. 232.

## FRITTERS CARDINAL

Coat some cooked herring roes with a thick Béchamel sauce (p. 52), to which the creamy part of a lobster and the pounded coral has been added. Dip in frying batter (p. 83) and fry for 2 or 3 minutes only in deep fat.

## GERMAN CHEESE SAVOURY

Put equal quantities of either grated Swiss cheese or Parmesan cheese and butter in a saucepan. Stir till the consistency of thick cream. Pour the mixture into small coffee cups into which 1 teaspoon oil has been put, and when cold, spread on slices of buttered toast.

## GRUYÈRE FINGERS

Cut a  $\frac{1}{4}$  lb. Gruyère cheese into small pieces, and bind it with a few spoonfuls of thick Béchamel sauce (p. 52), to which a little cayenne pepper and mustard have been added. Roll into the shape of very small sausages, about 4 inches long, wrap each in a thin piece of pastry, and fry in deep fat till a golden brown.

## HADDOCK TARTLETS

Fill puff pastry tartlet cases with cooked smoked haddock, finely chopped and mixed with Béchamel sauce (p. 52).

## SMOKED HADDOCK ON TOAST

The cooked smoked haddock is finely chopped, rubbed through a sieve, and this purée is mixed with a little White sauce or Béchamel sauce (pp. 73, 52), highly seasoned and spread on rounds of toasted bread. They should be served very hot.

## HAM SOUFFLÉ

See p. 356.

## HAM TOAST OR CROÛTES

Mix  $\frac{1}{4}$  lb. of finely chopped cooked ham with finely chopped shallots, browned in a little butter, with a teaspoon of parsley. A little cream and the yolk of 1 or 2 eggs are stirred in over a very slow fire. Season highly with cayenne pepper and, when the mixture begins to thicken, spread on hot toasted bread or on croûtes of fried bread.

## HORSERADISH RELISH

Grate 2 ozs. horseradish finely and put in a basin with 3 table-spoons cream, a good pinch of mustard powder, 1 heaped teaspoon of castor sugar, 1 tablespoon wine vinegar, salt, and a dash cayenne. Mix all thoroughly and serve on a slice of toast.

## KIDNEYS ON TOAST

See Sheep's Kidneys sautés sur croûte (p. 337).

## KIPPERS ON TOAST

Soak the kippers in cold water for 1 or 2 hours. Fry in hot oil or butter. Then carefully fillet the fish, removing all skin and bones, cut into thin strips, and lay on small slices of toasted bread, spread with a little mustard. Put in the oven for a few minutes and serve very hot.

## LIPTAUER CHEESE

Put 2 pints sour milk, when solidified, in a muslin bag, and let drain for 12 hours. Put in a basin and work with equal quantities of butter to a smooth paste. Then add just under 1 oz. finely-chopped capers, 1 teaspoon salt, 4 chopped filleted anchovies (in oil),  $\frac{1}{2}$  teaspoon finely-chopped onion, 1 teaspoon German or French mustard,  $1\frac{1}{2}$  teaspoons paprika, and dash of pepper. Mix all the ingredients thoroughly, put in a mould to shape it, and decorate with capers and a sprinkling of paprika.

## MACARONI CHEESE

Although, strictly speaking, all macaroni dishes are of Italian origin, the English methods of preparing Italian pastes are so far removed from the original Italian dishes that they may be looked upon as typically British dishes. Macaroni cheese is certainly unlike any genuine Italian dish. Boil  $\frac{1}{4}$  lb. macaroni, broken into small pieces, until tender, remove from the water and drain. Put  $\frac{1}{2}$  pint White sauce (p. 73) in a saucepan, add  $\frac{1}{2}$  teaspoon made mustard, 3 ozs. grated cheese, and the macaroni, and season with salt and pepper. Mix well, and pour into a buttered fireproof dish. Sprinkle with breadcrumbs and grated cheese and dot with pats of butter. Bake in a fairly brisk oven till browned.

## MARROW TOAST

I cannot do better than quote the recipe given by Francatelli for this most typical English savoury. In his *Cook's Guide* he tells us that "Marrow toast used to be eaten every day at dinner by the Queen (Queen Victoria) at the time when I had the honour of waiting on Her Majesty."

"Procure a marrow-bone, or get the butcher to break the bone for you—as this is rather an awkward affair for ladies; cut the marrow into small pieces the size of a filbert and just parboil them in boiling water with a little salt for one minute; it must then be instantly drained upon a sieve, seasoned with a little chopped parsley, pepper and salt, lemon juice and a mere suspicion of shallot; toss lightly altogether, spread it out upon squares of hot, crisp and dry toast, and serve immediately."

### MOCK CRAB

Grate  $\frac{1}{2}$  lb. Cheddar cheese finely and mix into a paste with 3 ozs. butter, 2 tablespoons made mustard, 1 tablespoon Worcester sauce, 1 tablespoon salad oil, 1 tablespoon wine vinegar, seasoned with salt and cayenne. Serve the mixture, which should be the consistency of thick cream, on cheese biscuits.

### MUSHROOMS WITH PAPRIKA BUTTER

Choose large mushrooms, remove the stalks, and either grill or fry them in butter. When done, place on rounds of hot buttered toast, with the gills uppermost, and on each mushroom put a small pat of Paprika butter (p. 76).

### MUSHROOMS ON TOAST

The mushrooms—which should be chosen of an equal size—are peeled and the stalk removed and, if to be grilled, brushed over with a little butter and highly seasoned with salt and pepper. They can also be cooked in butter. Serve on rounds of hot and well-buttered toast.

### OYSTERS FAVORITE

Poach the oysters for 5 minutes in their liquor. Put a little Béchamel sauce (p. 52) in the deep half of the oyster shell, put back the oyster, cover with a slice of trufflé and more Béchamel sauce, sprinkle with cheese, and brown lightly in a brisk oven.

### OYSTERS, DEVILLED

See p. 223.

### OYSTERS MORNAY

See p. 222.

### OYSTERS, PANNED

See p. 223.

### OYSTER RABBIT

The same as Delmonico Rabbit (p. 640), but cream is used instead of beer. The oysters are added 2 or 3 minutes before serving, allowing just sufficient time for them to get hot.

### OYSTERS AND SAUSAGES

See Hors d'Œuvre section, Saucisses aux huîtres (p. 103).

### PETITS PÂTÉS CHAUDS

(Small hot pâtés)

These consist of small pâtés of puff pastry, very light, small

and dainty, with a filling of the same forcemeat as for rissoles or Godiveau (p. 78), brushed over with yolk of egg and cooked in a fairly brisk oven till a light golden colour.

### PRAWN RELISH

Shell 1 pint prawns, pound them in a mortar with a few chilli peppers ("bird peppers"), and work in gradually a little oil and lemon juice, as in the making of a mayonnaise (p. 64). Season with salt and spread on rounds of toasted bread.

### ROE FRITTERS

Poach (p. 168) the herring roes and drain. Sprinkle with oil, lemon juice and chopped parsley and let stand for 30 minutes. Then dip in frying batter (p. 83), and fry in deep fat. Drain and serve very hot.

### SALT CARAWAY STICKS

Put 5 ozs. butter in a basin, with sufficient flour to make a dough, a little water, and a good pinch of salt. Work to a stiff dough. Roll out on a floured board somewhat thinly, and cut into lengths, as when making cheese straws. Brush over with yolk of egg, sprinkle with salt and caraway seed, and bake in a moderate oven till lightly browned.

### SALT COD FRITTERS

Flake the cooked salt cod, mix with sufficient Potato Purée (p. 498) to give consistency, and shape into small flat cakes. Dip in frying batter (p. 83) and fry in deep fat. Drain and serve hot.

### SARDINE TOAST

This is made with skinned and boned sardines, coarsely chopped, cooked in a little milk and butter with 1 or 2 yolks of eggs, a dash of essence of anchovy, and highly seasoned with cayenne pepper. The mixture is stirred over a very slow fire and, when it begins to thicken, it is poured on hot buttered squares of toasted bread and served at once.

### SAVOURY FRIED BREAD

Put in a pie-dish neat slices of bread about  $\frac{1}{2}$  inch thick, without crust, and cover with milk. Let it soak for about 10 minutes. Remove the bread, put the slices on a plate, and sprinkle freely with grated Cheddar or Gruyère cheese, season with salt, pepper, a dash of cayenne and a little mustard. Now cook the slices in very hot oil or fat, basting the cheese side so as to just set it and turning carefully so as to brown the other side. Drain and serve very hot.

## SCOTCH EGGS

Although in the usual modern version of Scotch eggs, sausage meat is used, the old Scottish recipe is undoubtedly the best. Make a forcemeat with finely-chopped or minced cooked ham, 2 or 3 chopped anchovies (in oil) fresh white breadcrumbs, mixed spices, and bind with an egg. Have ready the number of hard-boiled eggs required, coat them evenly and neatly with the forcemeat, smoothing it with a knife. Sprinkle the coated eggs with flour, then brush over carefully with beaten yolk of egg, and coat with white breadcrumbs. Fry in hot butter or fat to a light golden colour and serve with gravy or an appropriate sauce.

## SCOTCH RABBIT

Put grated Stilton or Cheshire cheese in a saucepan—about  $\frac{1}{2}$  lb. for 2 people—1 small lump of butter, 1 wine glass of brown stout or porter, 1 heaped teaspoon of made mustard, and a little pepper. Stir over a slow fire till the consistency of thick cream. Put on slices of toasted bread, brown lightly under the grill, and serve very hot. The mixture can also be served in a hot dish or cheese toaster, and buttered toast is served separately. Dry toast can be handed around instead, and this is sometimes dipped in porter.

## SCOTCH WOODCOCK

Put 2 tablespoons butter in a small saucepan on a slow fire and, when melted, stir in 3 tablespoons cream, the yolks of 3 eggs, and keep stirring till the mixture thickens. Add  $\frac{1}{2}$  teaspoon chopped parsley and pour on rounds of hot buttered toast spread over with anchovy paste or pounded anchovies. Season with cayenne pepper.

## SOFT ROE ON TOAST

This popular savoury consists of soft herring roes, previously blanched, then fried lightly in a little butter, highly seasoned with salt and cayenne, and served on small squares or strips of neatly cut buttered toast. Hard roes are sometimes served in the same manner.

## SOUFFLÉ WITH PAPRIKA

See Cheese Soufflé (p. 639). Add 1 level tablespoon of the mild Hungarian paprika to the mixture.

## STUFFED CELERY

Remove the outer stalks from 1 or 2 thick heads of celery and wash the heads in cold water. Dry them and open the stalks, but without breaking them from the root. Make a mixture with equal parts of Gorgonzola and butter, and stuff each stalk

with the mixture. Then press the head of celery back to its original shape, lay it on a table or a dish and cut in 1-inch rounds crosswise. Serve with cheese biscuits.

### STUFFED EGGS WITH ANCHOVIES

See Stuffed Fried Eggs (p. 232), but using finely-chopped anchovies instead of ham.

### STUFFED EGGS WITH MUSHROOMS

See p. 232.

### TALMOUSES (SAVOURY)

See Talmouses (p. 618). Instead of Frangipane cream, use a little Delmonico rabbit mixture (p. 640).

### WELSH RABBIT

To every  $\frac{1}{2}$  lb. Cheshire or Cheddar cheese allow 2 or 3 table-spoons of ale, 1 teaspoon of made mustard, and a pinch of cayenne pepper. Cut the cheese in small dice, put it in a saucepan with the other ingredients and stir over a very slow fire till the consistency of thick cream, quite smooth and free from lumps. Pour at once on hot buttered toast and serve on very hot plates.

### WELSH TOASTED CHEESE

Put a thick coating of grated Cheshire or Cheddar cheese on slices of toasted bread cut  $\frac{1}{2}$  inch thick, season with cayenne pepper, and put in a brisk oven till the cheese has melted. This is usually eaten with a little mustard, and should be served on very hot plates.

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## Icings for Cakes

## GLACÉ ROYALE OR ROYAL ICING

This consists of white of egg and icing sugar flavoured, according to taste, with vanilla, lemon, etc. The exact proportions of egg and sugar are difficult to give accurately, as much depends on the size of the eggs used, but it is easy to judge when sufficient sugar has been added and when the mixture is "felt" to be of the right consistency. Generally speaking the proportions are the whites of 2 small eggs to 3½ ozs. sifted icing sugar. Put the whites of egg in a large basin, and with a perfectly clean wooden spoon, gradually work in the sugar, till the mixture is perfectly smooth and somewhat stiff.

The cakes to be iced should be quite cold. Pour a little of the icing at a time over the cake and smooth with the blade or knife, which should be constantly dipped in hot water. Coat a second time if necessary, and put the cake in a cool oven for 4 to 5 minutes to harden the surface of the icing.

To decorate a cake with icing, a piping machine or forcing bag is used—the piping machine having different sized and shaped piping funnels. The mixture is put into the machine and forced out gently to form the desired scrolls, flowers, etc.

### TRANSPARENT ICING

To every lb. of loaf or crystallized sugar allow 3 tablespoons water. Bring to the boil, and cook to the large thread (Cooking of Sugar, p. 549). Remove from the fire, pour into a basin, stir until nearly cold, and use as required.

### CHOCOLATE ICING

Dissolve 1 oz. chocolate in 1 tablespoon of water over a slow fire, but do not let the chocolate boil. Stir to a smooth paste. Then add 3½ ozs. icing sugar, well worked with 2 tablespoons of water till quite smooth. Work together vigorously with a wooden spoon till quite smooth. Pour the mixture in a saucepan, place this saucepan in a larger one, half filled with boiling water, and work with a spoon till the mixture is slightly “runny”—the saucepan should not be on the fire.

### COFFEE ICING

Add 1 or 2 tablespoons strong coffee to Transparent icing (above), or flavour Royal icing (p. 647) with a little coffee essence.

### ALMOND PASTE

Put 6 ozs. sugar in a saucepan with 1 tablespoon water, bring to the boil gradually, skim and cook to the Small Ball degree (Cooking of Sugar, p. 549). Pour this syrup over 4 ozs. ground almonds, mix thoroughly, adding about 1 teaspoon white of egg, and use as required.

### CHOCOLATE FILLING FOR CAKES

Dissolve 6 ozs. plain chocolate in 3 or 4 tablespoons of water and stir till quite smooth. When cold, add it to ½ lb. butter creamed with ½ lb. sugar and the yolks of 4 eggs.

### CHOCOLATE AND COFFEE FILLING FOR CAKES

The same as preceding recipe, but dissolving the chocolate with the same quantity of strong coffee.

## COFFEE OR MOCHA FILLING FOR CAKES

Cream  $\frac{1}{2}$  lb. butter with  $\frac{1}{2}$  lb. sugar and the yolks of 4 eggs. Flavour with 3 or 4 tablespoons of very strong coffee or a little essence of coffee.

## Cakes

## ALMOND CAKE

Break 3 eggs into a basin, and work to a cream with 6 ozs. castor sugar. Then add 3 ozs. melted butter,  $\frac{1}{2}$  lb. ground almonds, 2 pounded bitter almonds, 2 teaspoons lemon juice, 14 ozs. sifted flour. Beat the mixture thoroughly, and pour in a plain buttered mould. Bake in a moderate oven for  $1\frac{1}{2}$  to 2 hours.

## ALLUMETTES

Roll out some puff pastry (p. 539) very thinly. Spread with Royal icing (p. 647). Divide into bands or strips, about 4 inches long and just over 1 inch wide, and trim neatly. Put on a moistened baking tin and bake in a quick oven till the pastry begins to colour.

## AMERICAN ANGEL CAKE

This is one of the nicest—and lightest, when properly made—of all American cakes. But success in making it lies in the proper beating of the eggs—they should be beaten so stiffly that if 2 eggs are placed on the froth they will not sink.

*Ingredients:* The white of 11 eggs,  $\frac{1}{4}$  lb. flour, 10 ozs. sugar, 1 teaspoon cream of tartar, 1 teaspoon vanilla, pinch of salt.

*Method:* The flour must be sifted four times, the cream of tartar then being added to it, and both sifted once more. The sugar should also be sifted four times. Beat the whites of egg very stiffly, then add the sugar and flour gradually, and lastly the vanilla essence and pinch of salt. Turn the mixture into an ungreased Turk's head cake tin—a tin with a tube in the middle—and bake in a moderate oven for 45 minutes. Test with a skewer before removing from the oven. Turn the cake upside down when done, and let it stand till cool, when it will fall out of the pan. When the cake is quite cold coat with a white icing, flavoured with vanilla.

## BANBURY CAKES

These are among the oldest of English cakes, and were already popular in the middle of the seventeenth century. Several books of that period give the famous recipe, "The Countess of Rutland's receipt of making the Rare Banbury Cake." As far back as 1615 Markham, in his *English Housewife*, gives a somewhat elaborate recipe, which as little resembles our modern versions of these famous cakes as does that "rare" one of the Countess of Rutland. In the earlier versions a dough was made with flour,

butter, yeast, cream, etc. and currants and various spices were worked in half this dough, which was thinly rolled out, cut "any size you please," and covered with the remaining plain dough. Later we get a compromise, and the various ingredients are still worked together with a dough, and this is enclosed in puff pastry. Here is Dr. Kitchiner's recipe (1823):

" . . . When this dough, which is made with 1 lb. of flour, 1 gill of milk and some yeast, has "worked a little, mix with it half a pound of currants, washed out and picked, half a pound of candied orange and lemon peel, cut small, one ounce of spice, such as ground cinnamon, allspice, ginger, and grated nutmeg. Mix the whole with half a pound of honey, roll out puff paste, a quarter of an inch thick, cut it into rounds with a cutter, about 4 inches over, lay on each with a spoon a small quantity of the mixture—close it round with the fingers in the form of an oval—place the join underneath—press it flat with the hand—sift sugar over, and bake them on a plate a quarter of an hour, in a moderate oven, and of a light colour."

There are many modern recipes, widely divergent, as will be seen by the two following:—

Place the following mixture on thin rounds of puff pastry:

Mix  $\frac{1}{4}$  lb. currants with 2 ozs. shredded mixed candied peel, a little nutmeg, and cinnamon, moisten with a little butter. Fold the pastry over the mixture, shaping into an oval form, and moistening the edges and pressing firmly. Glaze the top with a little white of egg, sprinkle freely with castor sugar, make 2 or 3 slashes on the top and bake in a moderate oven for 25 to 30 minutes.

This is an alternative version: Use  $\frac{1}{2}$  lb. raisins, 2 ozs. candied peel, moisten with lemon juice, and add lemon rind. The mixture is enclosed in diamond-shaped cases of puff pastry.

### BARM BRACK (Irish)

*Ingredients:*  $1\frac{1}{4}$  lbs. flour,  $\frac{1}{2}$  oz. yeast,  $1\frac{1}{4}$  lbs. butter,  $\frac{1}{4}$  lb. sugar, 3 eggs,  $\frac{1}{2}$  pint milk,  $\frac{3}{4}$  lbs. currants or raisins,  $1\frac{1}{2}$  ozs. candied peel,  $\frac{1}{2}$  oz. caraway seed, grated rind 1 lemon (optional).

*Method:* Beat the yeast with 1 teaspoon of sugar until liquid. Melt the butter, add the milk, making the mixture just lukewarm. Pour over the yeast, and add this and the well-beaten eggs to the flour, mixing thoroughly with a wooden spoon to a soft dough. Set in a warm place to rise for about  $1\frac{1}{2}$  to 2 hours, or until it is twice its original size. Mix in the fruit, the shredded candied peel, the caraway seeds, the sugar and the grated lemon rind, and knead all well, using dry flour if necessary. Put into a greased tin, allow to rise for about 30 minutes in a warm place, and bake in a moderately hot oven for  $1\frac{1}{2}$  hours.

## BERLIN RAISED CAKE

Dissolve  $1\frac{1}{2}$  ozs. yeast in a little warm milk and stand for 20 to 30 minutes in a warm place. Put 1 lb. flour in a basin, add the yeast, 2 whole eggs, the yolks of 4 eggs,  $2\frac{1}{2}$  ozs. sugar, pinch of salt, little chopped lemon peel, 6 finely-chopped almonds,  $\frac{1}{2}$  lb. butter, 3 ozs. raisins, 2 ozs. currants, 2 ozs. chopped sweet almonds, and work all well. Butter a porcelain mould or a basin, sprinkle with breadcrumbs and bake in a slow oven for 45 minutes.

## BISCUIT DE SAVOIE

Put  $\frac{1}{2}$  lb. sugar in a basin and add gradually the yolks of 6 eggs, working with a wooden spoon. Then add  $3\frac{1}{2}$  ozs. flour and the 6 whites of egg beaten to a stiff froth. The eggs should be added one at a time alternately with a little flour. Fill a buttered mould  $\frac{3}{4}$  full with the mixture and bake in a moderate oven for 45 to 50 minutes. When done, turn out on a wire tray, and let stand till cold.

## BISCOTINS D'AIX

Melt  $\frac{1}{2}$  lb. sugar in a saucepan with 2 or 3 tablespoons of water. Bring to the boil and add to  $\frac{3}{4}$  lbs. flour and work to a firm paste, flavouring with a little orange flower water. Roll into very small balls, the size of a small nut, put on a buttered baking tin, sprinkle with a little water, and bake in a quick oven. Remove from the oven when lightly browned.

## BRIOCHE

See Brioche Mousseline Paste (p. 543).

## CAKE À LA DOMENECH (Spanish)

Break 4 eggs in a saucepan, add 6 ozs. sugar and put on a very slow fire. Beat vigorously with a whisk until the mixture has doubled in volume. Add  $\frac{1}{4}$  lb. potato flour, mixed with  $1\frac{1}{2}$  ozs. ordinary flour, very gradually, and mix in grated lemon peel. Beat for another 10 minutes or so, then pour into a well-buttered mould, strewn with shredded almonds, previously blanched. Bake in a moderate oven till the cake begins to brown.

## CAVALLUCCI DI SIENA

*(Cakes with nuts, candied peel, etc. from Siena)*

*Ingredients:*  $\frac{1}{2}$  lb. or a little more of flour,  $\frac{1}{2}$  lb. moist sugar,  $\frac{1}{4}$  lb. shelled walnuts, 2 ozs. candied orange peel,  $\frac{1}{2}$  teaspoon of aniseed, pinch of mixed spices and grated nutmeg.

*Method:* Put the sugar in a saucepan with  $\frac{1}{2}$  of its weight of water. Cook till it can be drawn out to a fine thread (p. 549),

and immediately add the nuts, finely chopped, the candied peel, cut in small dice, and the flavouring. Mix thoroughly and pour the mixture on a well-floured board. Shape into little cakes, the shape of an egg, of about  $1\frac{1}{2}$  inches in length. Sprinkle with flour and bake in a moderate oven, being careful that they do not get too brown.

### CHOCOLATE BISCUITS

Mix  $\frac{1}{2}$  lb. icing sugar with the whites of 4 eggs beaten to a stiff froth. Then add just over 3 ozs. chocolate, dissolved in 2 tablespoons of water till quite smooth. Mix and beat all thoroughly and lay in narrow strips about 4 inches long on a well-buttered and floured baking tin. Bake in a very moderate oven till set.

### COCONUT CAKE

Cream 6 ozs. butter with  $\frac{1}{2}$  lb. sugar, add 3 eggs, one at a time. Add  $\frac{3}{4}$  lbs. flour, beating lightly, and  $\frac{1}{4}$  lb. freshly grated coconut. Beat, add a little milk and, when very light, pour into a buttered cake mould and bake in a moderate oven for 1 hour, or a little longer. When cold, coat with Royal icing (p. 647), flavoured with vanilla.

### CORN CAKE (American)

*Ingredients:* 3 ozs. corn meal, 4 ozs. flour, 1 tablespoon sugar,  $\frac{1}{2}$  pint water or milk, 2 tablespoons butter, 1 egg, 4 teaspoons baking powder,  $\frac{1}{2}$  teaspoon of salt.

*Method:* Mix thoroughly in a basin the flour, the corn meal the sugar, baking powder and salt, and sift all these ingredients. Add the butter, the beaten egg and the milk gradually, working well. Put in a shallow, well-buttered baking pan and bake in a quick oven for about 20 minutes.

### DOUGHNUTS

Dissolve  $\frac{1}{2}$  oz. yeast in  $\frac{1}{2}$  pint warm milk. Stir in about  $\frac{1}{4}$  lb. flour and 2 ozs. sugar. Cover with a cloth, stand in a warm place and let rise, and then sink. Do not touch until it has sunk. Then mix in 2 ozs. melted butter, 1 egg, pinch of salt, and sufficient flour to make a workable paste. Put in a basin, cover and stand in a warm place to rise again. Turn out on a board, divide into 2-oz. pieces, shape into small balls, and flatten out slightly with a rolling pin. Lay a teaspoon of jam in the centre of each, moisten the edges of the paste, fold over and shape into balls, with the jam in the middle. Again cover with a cloth and let rise. Cook in deep fat (p. 87)—preferably oil—for 5 to 7 minutes, turning with a skimmer so that they are equally browned. Drain and sprinkle with sugar.

## DROP CAKES

Add 1 teaspoon baking powder to  $\frac{1}{2}$  lb. flour. Cream  $\frac{1}{2}$  lb. butter and  $\frac{3}{4}$  lbs. sugar in a basin. Add 3 eggs gradually, beating well, add the flour. Moisten the mixture with sufficient milk to make into a cake batter. Line some baking sheets with white kitchen paper and drop a small spoonful of the mixture about the size of a small nut on the paper, allowing about  $1\frac{1}{2}$  inches between each. Bake in a moderate oven till lightly coloured and, when done, sprinkle with sugar.

## DUNDEE CAKE

*Ingredients:*  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. butter, 4 eggs,  $\frac{4}{5}$  ozs. each of currants, sultanas and raisins, 3 ozs. ground almonds, 1 oz. sweet almonds, 2 ozs. shredded candied peel, the zest of 1 orange,  $\frac{1}{2}$  teaspoon baking powder.

*Method:* Work the sugar and butter to a cream, and add the eggs one at a time. Add the flour, mixed with the baking powder, gradually, beating all steadily, then the fruit, the ground almonds and the orange zest. Put into a buttered cake-tin, garnish the top with shredded almonds, previously blanched, and bake in a moderate oven for about 1 hour, testing the cake in the usual manner with a skewer.

## ECCLES CAKES

Cut out rounds of puff pastry (p. 539) of about 4 to  $4\frac{1}{2}$  inches, and on each place 1 tablespoon of the following mixture: 4 ozs. currants mixed with 1 oz. chopped candied peel, 2 ozs. sugar, pinch of allspice and nutmeg, the whole warmed in a little butter and well mixed. Fold the pastry, press down the edges, flatten out in a cake with the rolling pin, make a slight opening in the centre of each and bake for 12 to 15 minutes. Sprinkle with sugar when done.

## FIG CAKE

Cream 1 breakfast cup of butter with 2 of sugar and add 1 egg. Then add 1 cup milk, and gradually add 3 cups flour, mixed with 1 teaspoon baking powder. Add 2 cups raisins and 1 lb. finely-chopped figs. Beat thoroughly, put the mixture in a buttered mould and bake in a moderate oven for about 1 hour.

## FLANNEL CAKES

Melt 1 tablespoon butter in 1 quart milk and, when nearly cold, add the yolks of 3 eggs,  $\frac{1}{2}$  lb. flour, and the whites beaten to a stiff froth. Add  $\frac{1}{2}$  oz. dissolved yeast, beat well, and set to rise. When risen make into cakes and bake for 15 minutes in a hot oven. The mixture is soft and has to be carefully handled.

## GALETTE DES ROIS

Put  $\frac{1}{2}$  lb. flour on a board and make a well in the centre. Put in a pinch of salt, and 1 tablespoon water. Add 6 ozs. butter, previously softened, and work in the same manner as short crust (p. 541), adding a little water if necessary. The paste should be somewhat firm. Do not knead it. Roll into a ball, cover and let stand for 1 hour. Proceed as in making puff pastry (p. 539), but giving only three turns. After the third turn, fold the four corners of the square of pastry to the centre, thus giving the pastry a round shape. Roll out to a thickness of just over  $\frac{1}{8}$  an inch, keeping the pastry in a round shape. Put this galette on a thick baking sheet (neither greased nor floured) brush over with beaten yolk of egg and, with a fork, lightly mark a trellis work over the whole. Prick here and there, so that it will not rise too much. Put in a brisk oven for 30 to 35 minutes. When done put on a wire tray. In France, a bean (*une fève*) is inserted in this galette, which is served on Twelfth Night and the finder of the lucky bean is endowed with various privileges.

## GALETTES SUCRÉES

Work in the same manner as preceding recipe, using  $\frac{1}{2}$  lb. flour, 6 ozs. butter, 2 ozs. sugar, pinch of salt, and the yolks of 4 eggs. Add 6 tablespoons of milk gradually and work to a firm and smooth paste. Roll into ball, cover, and let stand for 2 or 3 hours in a cool place. Roll out thinly, and prick all over with a fork. Cut out with a cake cutter in 2 to  $2\frac{1}{2}$  inch rounds, place on lightly-buttered baking sheets, brush over with a little water and yolk of egg and bake in a quick oven till slightly coloured.

## GÂTEAU DE MARRONS

Shell 50 large chestnuts and put them in a saucepan with  $\frac{1}{2}$  pint boiling water. Simmer for 20 to 25 minutes. Rub through a sieve and put the purée in a basin. While still hot, stir in  $\frac{1}{2}$  lb. castor sugar, then the yolks of 4 eggs, beating all thoroughly. Flavour with a little vanilla essence. Then add 6 ozs. melted butter, and finally the whites of egg beaten to a stiff froth. Pour the mixture in a buttered mould and put in a very moderate oven. Bake for 30 to 35 minutes. The cake does not rise much and the batter should only be sufficiently set to be easily removed from the mould. The inside of the cake remains very soft and creamy. When cold, it can either be iced with Chocolate or Coffee icing (p. 648), or it can be garnished with whipped cream.

## GÂTEAU À LA MINUTE

Cream 4 ozs. butter and add the same quantity of sugar, 2 eggs,  $2\frac{1}{2}$  ozs. raisins, previously soaked in rum, and 4 ozs. flour.



Beat till very light, and pour into a mould lined with buttered paper. Put in a moderate oven and bake for about 35 to 40 minutes. If the top browns too quickly, cover with buttered paper. Test by touching the cake with the finger. It should be firm, but somewhat elastic and not hard.

### GÉNOISE (or Genoa cake).

Beat up, on a very slow fire,  $\frac{1}{2}$  lb. sugar with 6 whole eggs and, when very light, remove from the fire and continue beating till quite cold. Then add  $\frac{1}{2}$  lb. castor sugar gradually, beating continuously, and 6 ozs. melted butter. Flavour according to taste and bake in a buttered mould or moulds, in a moderate oven for about 30 minutes. Stand till cold and ice the cake according to taste.

### GERMAN POTATO CAKE

Beat the yolks of 9 eggs for 30 minutes with  $\frac{3}{4}$  lbs. sugar. Then add 1 lb. cooked potatoes, rubbed through a sieve, a little chopped lemon peel, 30 sweet and 20 bitter almonds, finely chopped, and finally the whites of 9 eggs, beaten to a stiff snow. Work thoroughly, put the mixture in a cake tin, and put in a moderate oven till slightly brown.

### GINGERBREAD (1)

Melt 1 lb. treacle with 6 ozs. butter and  $\frac{1}{2}$  lb. sugar. When cool, add 1 lb. flour, mixed with 1 teaspoon baking powder, 2 ozs. ground ginger,  $\frac{1}{2}$  oz. ground allspice and 4 eggs. Beat up the whole lightly, pour into a buttered tin and bake for 45 minutes to 1 hour. A few minutes before removing from the oven, brush over the top with yolk of egg and finish baking.

### GINGERBREAD (2)

Mix  $\frac{1}{2}$  lb. flour with 1 teaspoon bicarbonate of soda,  $\frac{1}{2}$  lb. fine oatmeal and 2 ozs. ground ginger. Cream  $\frac{1}{2}$  lb. butter with 2 ozs. sugar and add 1 lb. treacle, which should be just warm. Mix and beat all thoroughly, and bake in a lined cake tin in a moderate oven for about 2 hours.

### GINGERBREAD (3) (American)

*Ingredients:* 6 ozs. flour, 2 ozs. butter, 7 ozs. sugar, 1 egg, 1 gill milk, 1 teaspoon ginger, 3 teaspoons baking powder.

*Method:* Proceed exactly as in the foregoing recipe, but omitting the treacle. Spread out very thinly in well-greased tins, and bake in a moderate oven for 25 to 30 minutes. When done, sprinkle with sugar and cut in squares or diamonds.

**SOFT MOLASSES GINGERBREAD** (American)

*Ingredients:* 1 pint molasses, 3 pints flour,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. butter, 3 eggs, 1 pint sweet milk, 2 tablespoons ground ginger, 1 teaspoon ground cinnamon, 1 teaspoon baking powder.

*Method:* Cream the butter, and beat in the sugar. Beat the yolks of eggs and add to the butter and sugar. Add the molasses and mix thoroughly. Add the milk and the flour mixed with the baking powder, and beat all till quite smooth. Mix in the ginger and cinnamon and finally the whites of eggs beaten to a stiff froth. Pour into well-greased shallow tins and bake in a moderate oven for 40 minutes, testing with a skewer before removing from the oven. When done, sprinkle with white sugar. They can be eaten either hot or cold.

**GINGER BISCUITS**

*Ingredients:* 1 lb. flour, 6 ozs. butter,  $\frac{1}{2}$  lb. treacle,  $\frac{1}{2}$  lb. sugar, 1 egg, 1 oz. powdered ginger, 1 oz. chopped candied lemon peel.

*Method:* Rub the flour into the butter, then add the treacle, sugar, the well-beaten egg, and the finely-chopped candied peel and ginger. Beat all thoroughly together. Shape into biscuits, or nuts, or in short thick sticks, and bake in a quick oven till crisp.

**“ESTOMAC MULÂTRE”**

(“*Mulatto Stomach*” or *Creole Gingerbread*)

*Ingredients:* 1 cup molasses syrup, 1 cup sour milk, 1 tablespoon ground ginger, 1 gill lard, 3 cups flour, 1 teaspoon baking soda.

*Method:* Put the molasses, the lard and the ginger in a saucepan and stir till melted. Beat the mixture for 10 minutes, dissolve the soda in a little boiling water and mix in. Then add the flour gradually, beating into a stiff batter, and pour into several well-greased shallow pans. Bake in a quick oven for about 10 minutes, till lightly browned.

**GINGER NUTS**

Melt  $1\frac{1}{2}$  lbs. treacle with  $\frac{1}{2}$  lb. butter and  $\frac{1}{4}$  lb. coarse sugar. Add it to  $1\frac{1}{2}$  lbs. flour and  $1\frac{1}{2}$  ozs. ground ginger. Mix to a smooth paste and cut into  $1\frac{1}{2}$ -inch rounds, or into nuts, and bake in a moderate oven on a buttered tin.

**JAM OR SWISS ROLL**

Jam Roll now generally goes by the name of Swiss Roll, and is a most popular cake in England, as we all know.

Cream 4 ozs. butter with the same quantity of sugar, add the yolks of 3 eggs gradually, beating well, then 4 ozs. sifted flour, a little vanilla essence, and finally the whites of egg, beaten to a stiff froth, which should be carefully folded in. Pour the mixture

in a buttered shallow baking tin, and bake for 15 to 20 minutes. When done, place on a paper freely sprinkled with castor sugar, trim the edges, spread with jam, and roll up quickly while the cake is still hot. Let stand till cold.

### JOHNNY CAKE

Mix 1 teacup flour and 1 of Indian yellow meal with 1 tablespoon brown sugar and 1 teaspoon bicarbonate of soda. Beat up 2 eggs with 1 cup of sour milk and 1 of water. Add to the other ingredients and beat well. Put in a buttered tin and bake for 30 minutes in a quick oven.

### VIENNA KUGELHUPF

*Ingredients:* 12 ozs. flour, 4 ozs. butter, 1 oz. castor sugar, about 1 oz. yeast, 3 eggs, just under  $\frac{1}{2}$  pint milk, 4 ozs. raisins and currants, about 2 dozen Jordan almonds.

*Method:* Dissolve the yeast in a little warm milk. Put the flour in a salad bowl or round terrine, make a well in the centre, put in the eggs, the melted butter, the sugar and the dissolved yeast, stir all well together and finally add the raisins and currants. Pour the mixture into a fancy, fluted cylinder mould, which should have been well buttered and in which the almonds, blanched and sliced, have been strewn, filling the mould  $\frac{3}{4}$  full only. Put the mould in a warm place, cover, and let the dough rise till it comes to the top of it. Now place the mould on a thick baking tin, and put in a moderate oven and bake for about 1 hour. When sufficiently baked it should come out of the mould quite easily. Stand on a wire tray and sprinkle with a little castor sugar.

### LAYER CAKES

Layer cakes can be made with any plain cake mixture, such as Madeira cake, Madeleine, G noise, etc. (pp. 658, 659, 655) and either baked whole, and afterwards cut in as many layers as required, or each layer may be baked separately. They can be filled with jam, with chocolate, mocha, etc. (Fillings for Cakes, p. 648) or with icing, and the whole cake iced (p. 647). Fruit comp te (p. 672) such as strawberry, raspberry, cherry, also can be used as filling.

### LEMON CAKE

The same as Madeira cake (p. 658) but adding 1 or 2 tablespoons of lemon juice, according to taste.

### MACAROONS (1)

For 2 dozen macaroons, use the following quantity of ingredients:  $\frac{1}{2}$  lb. blanched almonds, 4 or 5 bitter almonds

(optional),  $\frac{1}{2}$  lb. castor sugar,  $\frac{1}{4}$  lb. icing sugar and the whites of 7 eggs. Wafer or rice paper. The almonds should be blanched and thoroughly dried, but not browned. Pound them in a mortar till almost a paste, add the sifted castor sugar, mix thoroughly, and rub through a sieve. Then mix with the icing sugar, keeping 2 ozs. Now add 4 whites of egg, one by one, beating well, till the mixture is quite smooth. Beat up the remaining whites of egg to a stiff froth, adding the 2 ozs. icing sugar. Add gradually to the macaroon mixture and, when well mixed, put on baking tins on sheets of wafer or rice paper, in 1 to  $1\frac{1}{2}$  inch rounds, leaving a space of  $1\frac{1}{2}$  inches between each, as they spread. Cook in a moderate oven for 15 to 18 minutes.

### MACAROONS (2)

Mix  $\frac{1}{2}$  lb. ground almonds with  $\frac{3}{4}$  lbs. castor sugar, and beat in the whites of 3 eggs. When the mixture is quite stiff, put on baking sheets on wafer paper, put a few split almonds on the top of each and bake in a moderate oven for 15 to 20 minutes.

### MADEIRA CAKE

There are many and varied kinds of this popular cake, and many are the methods for the actual making of it. But of all those I have read, none seems to give such good results, both as regards ingredients and method, as that of Eliza Acton in her *Modern Cookery* (1861). A Madeira Cake made in this way has the essential quality which this cake should have and often lacks—lightness.

“Whisk 4 eggs until they are as light as possible, then, continuing still to whisk them, throw in by *slow* degrees the following ingredients in the order in which they are written: 6 ozs. of dry, pounded and sifted sugar, 6 of flour, also dried and sifted, 4 ozs. butter, just dissolved, but not heated, the rind of a fresh lemon, and the instant before the cake is moulded, beat well in the third of a teaspoon bicarbonate of soda, bake it an hour in a moderate oven. In this, as in all compositions of the same nature, observe particularly that each portion of butter must be beaten into the mixture until no appearance of it remains before the next is added; if this be done, and the preparation be kept light by constant and light whisking, the cake will be as good, if not better, than if the butter were creamed.”

The cake is usually sprinkled with castor sugar, and a few thin slices of candied lemon peel decorate the top.

## MADELEINES

Put the yolks of 4 eggs in a basin with  $\frac{1}{2}$  lb. castor sugar, and blend thoroughly with a wooden spoon. Add a few drops of vanilla essence, and the whites of egg beaten to a stiff froth. Then add  $\frac{1}{2}$  lb. butter, previously melted and allowed to cool, and  $\frac{1}{2}$  lb. flour. Mix thoroughly and put into small buttered moulds, only half filling them. Bake in a moderate oven till they have risen over the top of the moulds and are a golden brown.

## MARBLE CAKE

For the white part of the cake beat  $\frac{1}{2}$  cup of butter to a cream and add  $1\frac{1}{2}$  cups of icing sugar. Then add  $\frac{1}{2}$  cup of milk, 1 cup of flour and mix thoroughly. Beat the whites of 4 eggs to a stiff froth, add to the mixture, with another cup of flour.

For the dark part of the cake, beat  $\frac{1}{4}$  cup of butter with 1 cup of brown sugar, add the beaten yolks of 4 eggs,  $\frac{1}{2}$  cup of milk and  $1\frac{1}{2}$  cups of flour. Add 2 ozs. dissolved chocolate, flavoured with vanilla, and 1 teaspoon baking powder. Line a cake tin with buttered paper and put in both mixtures in alternate tablespoons till the tin is filled. Bake in a moderate oven for 45 minutes or a little longer.

## MOCHA CAKE

See Layer Cakes (p. 657). Fill with Mocha or coffee filling (p. 649).

## NUT CAKE (Austrian)

*Ingredients:* 3 tablespoons grated chocolate, 2 tablespoons breadcrumbs soaked in a little rum, 2 tablespoons flour, 4 eggs, 6 tablespoons sugar, 6 tablespoons ground nuts or almonds, cream or milk, butter.

*Method:* Beat the butter and sugar to a cream, add the chocolate and mix thoroughly, then add the ground nuts, the breadcrumbs, the flour and finally the whites of egg beaten to a stiff froth. This cake should be thoroughly beaten or it is apt to be heavy. When well beaten, pour into a cake tin and bake in a slow oven for about 45 minutes, when the cake should have risen. When done, turn out of the mould and let stand till cold. Cut the cake carefully into one or two layers, and fill with a mixture of ground nuts worked to a smooth paste with a little warm milk or cream, butter and sugar. Cover the cake with a layer of this mixture, sprinkle with chocolate and with very finely chopped nuts.

## ORANGE CAKE

Put 3 ozs. sugar in a basin with 3 yolks of egg, and beat for 30 minutes. Add 1 whole egg, the juice 1 orange, a little sugar well rubbed with orange peel, 2 tablespoons orange liqueur or

rum, and again beat thoroughly. Then add 3 ozs. flour, 2 ozs. warm butter, and the whites of 3 eggs beaten very stiffly. Pour the mixture in a buttered cake tin, and put in a slow oven for 30 to 40 minutes. When cold, coat the top with a Royal icing (p. 647), flavoured with rum and lemon.

### PARKIN

Here is a recipe for a north country Parkin:

*Ingredients:* 1½ lbs. medium oatmeal, 1 lb. treacle, ½ lb. butter, ½ lb. sugar, preferably brown, 1 heaped teaspoon ground ginger, 1 of allspice.

*Method:* Put the oatmeal into a basin and add the sugar, ginger and allspice. Warm the treacle and butter, till the butter has melted, and stir and mix with the oatmeal with a wooden spoon. The mixture should be smooth, but should not drop too easily from the spoon. Put the mixture in a well-buttered shallow baking tin, and bake in a very moderate oven for about 2 hours. This cake improves with keeping.

### PETITS GÂTEAUX AU COCO

Sweets made from coconut are almost as popular in the West Indies as those made with bananas, and freshly gathered coconuts have quite a special flavour. Beat up ¼ lb. finely-grated coconut with the same quantity of sugar and the whites of 2 eggs. When the mixture is very stiff, drop a spoonful at a time on a well-buttered and somewhat thick baking tin, and bake in a moderate oven till the little coconut cakes are just beginning to colour.

### PETITS PAINS D'ANIS

Mix 1 lb. flour and 1 lb. sugar, put on a pastry board and make a well in the centre. Put in the whites of 4 eggs and 1 oz. aniseed. Work well with the hands and roll out thinly. Cut into small rounds or squares, put on buttered baking tins and bake in a moderate oven till lightly coloured.

### PLAIN PLUM CAKE

This is a plainer and more popular version of the richer plum Christmas cake. It can be baked either in a large cake tin or in small cake tins.

Work 6 ozs. butter or dripping into 10 ozs. flour, and add 10 ozs. sugar, ½ lb. currants or raisins, and a pinch of allspice. Dissolve 1 oz. yeast in a little warm milk, and add to the cake mixture, with sufficient milk to make into a soft dough. Knead well, pour the mixture into a greased cake tin, cover and let stand in a warm place till it has risen. Bake in a moderate oven for 1 to 1½ hours, testing in the usual manner with a skewer.

## PLUM, OR CHRISTMAS CAKE

In some of the old cookery books the association of this particular cake with Christmas is not mentioned. The recipe has not varied much throughout the centuries, except that a more generous amount of brandy was usually added to it in the old days, when wine and spirits were less expensive.

Here is a recipe which will make about 7 lbs. of cake:

*Ingredients:* 1 lb. each of butter, castor sugar, sultanas and currants, 2 lbs. flour, 8 eggs,  $\frac{3}{4}$  lbs. mixed candied peel,  $\frac{1}{2}$  oz. baking powder, milk, 1 wineglass brandy (optional).

*Method:* Beat the butter and sugar to a cream, and add the eggs, one at a time, beating continuously. Sieve the flour and baking powder into a basin, add the fruit, picked and cleaned, and the finely-shredded candied peel. Now proceed to mix the flour and fruit to the butter, sugar and egg mixture, beating thoroughly and moistening with a little milk and the brandy, till the right consistency. This cake requires somewhat lengthy beating, otherwise it is apt to be heavy. Turn the mixture into a greased tin, or into two smaller tins, and bake in a moderate oven for about 2 hours, testing with a skewer, which should come out clean and dry if the cake is sufficiently baked. When quite cold, cover with icing (p. 647), and decorate.

## POUND CAKE

This cake has been popular in England for many centuries, and, as its name indicates, it is made with 1 lb. of each of its principal ingredients. In some of the older recipes, dating from the time when eggs were cheap and plentiful, we are even told to weigh the eggs and to use 1 lb. of these for the cake. I give a Victorian and authentic recipe for this traditional English cake:

“1 lb. of sugar, of flour, and as much of butter . . . 8 or 10 eggs . . . let the butter be worked to a cream; add the sugar to it first, then the yolks of the eggs, next stir lightly in the whites, after which add 1 lb. currants, and a little shredded candied peel, and, last of all, the flour by degrees, and a glass of brandy, when it is liked. Nearly or quite 2 hours’ baking will be required for this, and 1 hour for half the quantity.”

## QUATRE-QUARTS OR TÔT-FAIT

Beat the yolks of 4 eggs with  $\frac{1}{4}$  lb. sugar till quite smooth and thick. Add  $2\frac{1}{2}$  ozs. raisins, previously soaked in Madiera or rum. Beat the whites of eggs to a stiff froth and add alternately with  $\frac{1}{4}$  lb. flour. Finally add  $\frac{1}{4}$  lb. melted butter. Beat very lightly and pour into a well-buttered and floured mould and bake in a moderate oven for 25 to 30 minutes.

### QUEEN CAKES

*Ingredients:* Sufficient for about 3 dozen small cakes—1 lb. flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. sugar, 3 eggs, 2 or 3 tablespoons cream, 1 teaspoon baking powder, a little essence of lemon or almonds.

*Method:* Put the butter and sugar in a basin and beat to a cream, then add the cream and flavouring essence, and mix thoroughly. Beat in the eggs, one at a time, then add the flour, the baking powder mixed with it, and the fruit. Moisten with a little milk and beat all lightly. Pour the mixture into small buttered tins, and bake in a moderate oven for 15 to 25 minutes. Vanilla or any other flavouring can be used.

### RAISIN CAKE

Beat 1 lb. butter to a cream with 1 lb. sugar. Add 4 eggs, one at a time, beating well between the addition of each egg; then work in 1 lb. flour mixed with  $\frac{1}{2}$  teaspoon baking powder. Finally add 1 lb. stoned raisins. Bake in a paper-lined buttered tin in a moderate oven for  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours.

### ROCK CAKES

Rub  $\frac{1}{2}$  lb. butter into 1 lb. flour, with  $\frac{1}{2}$  lb. brown sugar. Mix in 2 eggs, previously beaten, 1 tablespoon lemon juice, and  $\frac{1}{2}$  gill of milk. Drop the mixture into rough pats on a baking tin and bake in a quick oven for about 15 minutes.

### SABLÉS

Work together on a pastry board or marble the following ingredients:  $\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. flour,  $\frac{1}{2}$  breakfastcup sugar, 1 teaspoon vanilla essence. Roll out very thinly and cut into small rounds with a fluted pastry cutter. Place on an ungreased baking tin and bake in a brisk oven till a light golden brown. Dip them at once in a plate of castor sugar, coating them on both sides. Put them on a plate to cool.

### SEED CAKE

This is another popular cake for which we find recipes in the old English cookery books.

*Ingredients:* 1 lb. flour, 5 ozs. butter, 10 ozs. sugar, 3 eggs, a pinch of bicarbonate of soda and salt,  $\frac{3}{4}$  ozs. caraway seeds, a little milk.

*Method:* Cream the butter, add the sugar and caraway seeds, and beat thoroughly. Add the well-beaten eggs very gradually, and whisk all together vigorously. Add the flour gradually, to which the soda and salt have been mixed, a little milk, to give the batter the right "cake" consistency, and put in a tin lined with buttered paper. Bake in a moderate oven for  $1\frac{1}{2}$  to 2 hours.



## SCOTCH SEED CAKE

*Ingredients:* 6 eggs, 10 ozs. flour, 10 ozs. sugar,  $\frac{1}{2}$  lb. butter, 2 ozs. shredded orange peel, 2 ozs. shredded lemon peel, 2 ozs. candied citron peel,  $\frac{1}{2}$  oz. caraway seed.

*Method:* Cream the butter and gradually work in the sugar and flour. Add the eggs, one at a time. Beat thoroughly and finally add the peel and the caraway seed. Pour the mixture in a buttered cake tin and bake in a moderate oven for about 1 hour.\* Test with a skewer before removing from the oven. This cake should not be cut for a day or two.

## SCOTCH SHORTBREAD (1)

Put  $\frac{1}{2}$  lb. sieved flour, and  $\frac{1}{2}$  lb. sieved rice flour in a basin, and mix thoroughly. Rub in  $\frac{1}{2}$  lb. butter lightly with the fingertips, add  $\frac{1}{2}$  lb. castor sugar, and bind with the well-beaten yolks of 2 eggs and 3 tablespoons of cream. When well blended and of the proper consistency, roll out thinly, prick all over with a fork, and cut into rounds or strips. Put the cakes on a greased tin and bake in a moderate oven for 15 to 20 minutes, to a light golden colour.

## SCOTCH SHORTBREAD (2)

Work 1 lb. butter with  $\frac{1}{2}$  lb. castor sugar, till thoroughly blended. Then add gradually, working the dough as lightly as possible, 1 lb. sifted flour, previously mixed with  $\frac{1}{2}$  lb. sifted rice flour. When of the proper consistency, either shape into round cakes with the hands, or roll out carefully to a thickness of about  $\frac{3}{4}$  inch, prick all over with a fork, and cut into round cakes. Put on a buttered tin, or in buttered and floured shortbread moulds. Bake in a brisk oven at first, reduce the heat after a few minutes, and cook to a light golden colour. Shortbread should be light, very short and crisp, and one of the secrets in the making of it is the kneading, which should be lightly and quickly done.

## SHREWSBURY CAKES

Work  $\frac{1}{2}$  lb. butter with 1 lb. sugar and as much flour as will make a light paste, add a few currants, roll out the paste, about  $\frac{1}{4}$  inch thick, cut out in rounds about  $3\frac{1}{2}$  inches in diameter, and bake in a moderate oven till they just begin to colour. Remove from the oven and sprinkle with sugar.

## SIMNEL CAKE (1)

Up to comparatively recent times the custom\* of making Simnel cakes for Mid-Lent, or Mothering Sunday, was kept in certain parts of England, and particularly in the North.

Girls in service were allowed a holiday on that particular day in order to visit their parents, and they took a Simnel with them as a present to their mother. It is made in the same manner, and with more or less the same ingredients, as a 'highly-spiced plum cake' (p. 661), but is shaped somewhat like a pork pie or like a batch loaf.

### SIMNEL CAKE (2)

A popular modern version is with almond paste. The paste (p. 648) is made first and put on one side. A rich plum cake mixture is then made, half of which is put in the cake tin. Half the almond paste is spread on top and the remainder of the cake mixture put over it and smoothed over. The rest of the almond paste is spread evenly over and the cake baked. Sometimes a rich plum mixture is used for the bottom half only and a plain cake mixture used for the other half.

### SODA CAKE

In many modern recipes for this cake we find brown moist sugar as one of the ingredients, as well as the addition of such things as raisins, candied peel, ginger, cinnamon, etc. These are modern innovations, as the traditional recipe contains none of these. Here is the typical soda cake:

*Ingredients:* 1 lb. flour, 6 ozs. butter,  $\frac{1}{2}$  lb. sugar, 3 eggs,  $\frac{1}{2}$  lb. currants, 1 gill of milk, a little nutmeg or fresh lemon rind, 1 teaspoon bicarbonate of soda.

*Method:* Work the butter into the flour, then mix in thoroughly the sugar, the boiling milk, and the well-beaten eggs. Add the nutmeg or grated lemon rind, and the currants, and sprinkle with a level teaspoon of the soda. Beat the mixture till quite light, put it in a buttered mould and bake for 1 to  $1\frac{1}{4}$  hours.

Great care should be taken not to put in too much soda, as this is apt to give an unpleasant flavour.

### SPONGE CAKES OR FINGERS

For about 40 small sponge cakes or fingers, use  $\frac{1}{4}$  lb. castor sugar, just over 3 ozs. flour, 4 eggs, and flavouring according to taste. Proceed in the same manner as for Biscuit de Savoie (p. 651). For the making of sponge cakes, pour the mixture in buttered moulds. For the making of sponge fingers, fill buttered sponge finger moulds with the mixture, or put on buttered baking tins in narrow 4-inch lengths, leaving at least 2 inches between each. Sprinkle lightly with sugar and bake in a very moderate oven for 20 to 25 minutes or longer if necessary. Do not open the oven door for at least 10 minutes, as the slightest draught will prevent the cakes from rising. They should not be in the slightest way browned.

## TUILES AUX NOISETTES

For about 30 of these biscuits use  $3\frac{1}{2}$  ozs. castor sugar, the same of shelled and blanched hazel nuts, 3 ozs. flour, 1 whole egg and 1 white, a little orange flower water or other flavouring. Blanch and peel the hazel nuts and lightly brown in the oven. Chop them finely. •

Put the flour in a basin and mix with the sugar and nuts. Then add first of all the whole egg and then the white, which should not have been beaten. Add the flavouring and mix all thoroughly till light and smooth, but do not beat to a froth. Put on buttered and floured baking tins in the shape of small, very thin ovals, about 3 inches long and 2 inches wide, leaving a space of about 1 inch between each. Tap the baking tin lightly so as to make the paste spread slightly, otherwise it is apt to rise too much, somewhat like meringues. Put in a brisk oven for 4 to 5 minutes. Remove from the oven and very rapidly remove the biscuits with the blade of a knife and put on a rolling pin, patting them down with the hand, so that they will be shaped. Slip them all off the rolling pin, as they will be sufficiently cold to retain their curved shape and proceed at once to do the next lot.

## WALNUT CAKE

See Layer Cakes (p. 657). Fill with Coffee or Mocha filling (p. 649) mixed with finely-chopped walnuts, and cover with the same mixture. Decorate with quartered walnuts. Or use Coffee Icing (p. 648) and decorate in the same manner.

## WEDDING CAKE

The same as Plum or Christmas Cake (p. 661). Ice with Royal Icing (p. 647) and decorate with appropriate ornaments.

## Buns

## BATH BUNS

*Ingredients:* 1 lb. flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{4}$  lb. castor sugar, 1 gill of milk, 4 eggs, 2 ozs. candied peel and the sugar from the peel, currants, a few lumps of sugar, coarsely crushed, 1 oz. compressed yeast, a pinch of salt.

*Method:* Dissolve the yeast in the warm milk, and mix with the eggs and 2 ozs. flour. Put in a basin, beat thoroughly and set aside in a warm place to rise. Rub the butter into the remaining flour, add the sugar, a few currants, a little of the crushed lump sugar, the candied peel cut into small cubes, and work well. Now add the yeast, etc., which should have risen, mix all thoroughly, knead into a soft dough, cover and again set

centre, and in this put the fat. Add sufficient water to make a stiff dough, work thoroughly, but as quickly as possible, and sprinkle the dough freely with dry meal to prevent it from sticking. Roll out very thinly, rub with meal, and either leave them whole (in which case they are called *bannocks*), or cut in quarters, when it is called a *farl* or *farle*, which is derived from the obsolete French word *fardel*, meaning a quarter. The cakes are now put on a hot girdle, with their smooth side uppermost, and cooked till the edges begin to curl. When done, rub over with a little oatmeal, and lightly toast the smooth side. Put the cakes for a few minutes in a moderate oven to dry, and, if not eaten at once, keep in a tin, and warm slightly before using.

### PLAIN BUNS

*Ingredients:* 1 lb. flour, 3 ozs. moist sugar,  $\frac{1}{4}$  lb. butter,  $\frac{3}{4}$  pints of milk,  $\frac{1}{2}$  oz. yeast.

*Method:* Put the flour and sugar in a basin, mix well, make a hollow in the middle, stir in the yeast and 1 gill of warm milk, and sufficient flour to make it into a thick cream. Cover the basin, and set to rise for about 45 minutes to 1 hour. Melt the butter, without letting it boil, add it to the other ingredients, and make into a soft dough, adding the remainder of the milk. Knead and shape into buns about the size of an egg, place them in rows about 3 inches apart, and put them in a warm place till they have doubled in size. Brush over with beaten yolk of egg and milk, or with water, and bake in a quick oven for 15 to 20 minutes.

### SALLY LUNN

These popular tea cakes bear the name of the itinerant vendor who sold them in the streets of Bath in the eighteenth century.

*Ingredients:* Just under 2 lbs. flour, 1 pint of milk,  $\frac{1}{4}$  lb. butter, 2 ozs. sugar, 1 oz. compressed yeast, a pinch of salt.

*Method:* Warm the butter in the milk, till very hot, but without letting it boil. Allow to cool, add the sugar worked with the yeast, and a pinch of salt. When nearly cold, work in with the flour, and make a thick batter, beating for about 10 minutes. Cover and set in a warm place to rise for at least 2 hours or longer. Knead again lightly and let stand for another 30 minutes. Shape into cakes, put them on baking tins, stand for another 15 minutes and then bake in a brisk oven for about 20 minutes till a light brown.

Like all sally batters, Sally Lunn's should not be cut with a knife, but torn apart with the hands. Cutting with a knife tends to make them heavy.

## GIRDLE SCONES

*Ingredients:*  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  teaspoon baking soda,  $\frac{1}{2}$  teaspoon cream of tartar, a good pinch of salt, sufficient sour milk or buttermilk to make a soft dough.

*Method:* Sieve the flour into a basin, mix in the baking soda, the cream of tartar and salt, and add sufficient sour milk or buttermilk to make into a very soft dough. Turn out on a floured board. divide in half, and shape and flatten into two large scones, about  $\frac{1}{2}$  inch thick. Cut each in quarters, sprinkle with flour, and bake on a hot girdle. When they have risen, turn carefully and bake the other side. They should be freshly baked and served very hot, with butter.

## BREAKFAST SCONES

*Ingredients:*  $\frac{1}{4}$  lb. flour, 1 egg, 1 oz. butter,  $\frac{1}{2}$  teaspoon each of bicarbonate of soda and cream of tartar, a good pinch of salt, a little cold water or milk.

*Method:* The butter should be lightly rubbed into the flour, and the bicarbonate of soda, cream of tartar and salt are added. Stir in the well-beaten egg and add sufficient cold water or milk to make a very light dough. Roll out, cut into small rounds and bake in a quick oven. Success in the making of scones depends on a light hand and as little handling as possible.

## OVEN SCONES

Sieve  $\frac{1}{2}$  lb. flour into a basin, adding  $\frac{1}{2}$  teaspoon baking powder, 1 teaspoon of cream of tartar, and a good pinch of salt. Work to a stiff paste with  $\frac{1}{2}$  pint of milk in which 1 teaspoon of sugar has been dissolved. Finally, add 2 tablespoons of melted butter. Knead on a floured board, shape into scones and bake in a brisk oven till a light golden brown.

## DROP SCONES

Put  $\frac{1}{2}$  lb. flour in a basin, with  $\frac{1}{2}$  teaspoon baking soda, 1 of cream of tartar, a pinch of salt, and 1 tablespoon sugar. Add gradually 2 whole eggs, well beaten, and about  $\frac{1}{2}$  pint of buttermilk. Drop a spoonful at a time of the mixture on a very hot girdle, being careful that they are dropped in neat round shapes. Brown one side, turn carefully, but quickly, with a knife, and brown the other side.

## VIENNESE ROLLS

*Ingredients:* 2 lbs. of the best flour, just over 1 oz. yeast,  $\frac{1}{2}$  oz. salt,  $\frac{3}{4}$  pints of milk, water.

*Method:* Dissolve the yeast in one-third of the warmed milk and the same of water. Make a stiff dough with some of the

flour and the yeast, milk and a little water. Keep in a warm place and set to rise for 30 minutes. Work the remaining flour with the water and milk and add the dough that has risen. Work and knead thoroughly. Now let the dough stand for 1 hour, then fold over. Then divide the dough in 4-oz. pieces and shape into compact balls. Let stand for another 30 minutes. Shape them into round rolls, brush over with yolk of egg and set in a moderate oven till done.

### BREAD MAKING

There is no difficulty in making bread for the household provided the general principles are understood. Bread properly made and kept will remain moist for at least a week, if necessary and, therefore, need be only a weekly task. The best raising agent for bread is yeast. Baking powder, or cream of tartar and bicarbonate of soda, can also be used, but these produce bread of an inferior quality.

*Yeast.*—Yeast is a living organism which, under certain conditions, will grow and reproduce itself. During this process a gas (carbon dioxide) is given off, and it is this gas which “sponges” out the dough to make it light. Several kinds of yeast can be used, but the one mentioned in the recipes is the bakers’ yeast, which can be obtained at any bakery. Other yeasts, such as dried yeast, etc., should be used according to the instructions of the manufacturer.

The growth of yeast is retarded by cold temperature, and it should therefore be kept in a cool place. Its maximum capacity for reproduction is at about 80° to 85° F., and the organisms die if the temperature is raised much above this.

*Flour.*—There are many different kinds of flour on the market, and the proportion of yeast to be used must be regulated to some extent by the quality of the flour. The normal amount of yeast to raise 1 lb. of white flour, which contains a large proportion of hard wheat flour, is  $\frac{1}{2}$  oz., and 1 oz. will raise 3 lbs. of flour. If too large an amount of yeast is used, the bread will taste of it. On the other hand when making bread from a coarse wholemeal home-grown flour, to which very little hard wheat has been added, a large amount of yeast has to be used for rapid rising, and the dough kept moist as it is not sufficiently elastic to hold the gas and prevent it escaping.

*Mixing.*—The yeast should be mixed in a bowl with a little liquid to a paste: the rest of the warm liquid may then be added, and a little sugar. The bowl should be set aside “to work” in a warm place and covered with a cloth. This will take about 10 minutes, or longer in cold weather, and when a quantity of froth forms on the surface of the liquid, it is then ready for use.

The flour should be put in a warm mixing bowl, or flour and bowl kept in a warm place beforehand. A generous amount of salt is added and, according to the recipe, fat mixed in with the tips of the fingers. Fat improves the texture and the keeping quality of the bread. Now make a well in the centre of the flour, pour in the yeast liquid, and mix the flour in with a knife from the edge to the middle of the bowl. If necessary, add more flour, to make a stiff dough which can be handled. Knead the flour with the hands until thoroughly mixed; it can be done more easily at this stage on a pastry board. The dough should be sufficiently dry so that it no longer clings to the hands. Put the dough back into the mixing bowl, cover with a cloth and put in a warm place for its first rising, which should be to about double its size. This may take place in 1 to 3 hours, according to the strength of the yeast and the temperature. "Knock" the dough down by kneading again, put it into greased and floured tins, or on to a baking sheet, and allow to rise a second time. Put into a hot oven, about 450° F., for a few minutes then lower the temperature to about 350° F. Bake for about 25 to 35 minutes for an ordinary sized loaf. The oven ventilation should be closed, if adjustable, so that the baking is done in a steamy atmosphere. When done, the bottom of the loaf should sound hollow when tapped.

### A GOOD QUALITY BREAD MIXTURE

1 oz. yeast, 2½ to 3 lbs. white flour, 1¼ to 1½ pints water or preferably milk, 1 oz. butter or fat, 1 heaped teaspoon salt, and 1 teaspoon of sugar. For a rich bread, 1 whole egg may be added to the flour at the same time as the liquid.

### PULLED BREAD

Allow the dough to cook in a tin in the oven for about 15 minutes, till set. Take it out of the oven, turn the dough on to a baking sheet and, with 2 forks, pull it to pieces of a suitable size for serving. Put the pieces back into the oven and bake till crisp and lightly browned.

### WHOLEMEAL BREAD

The mixing of this bread will depend largely on the quality of flour. The following is for a home-grown wheat mixed with very little hard wheat. This means that the dough will have very little elasticity, and will not long retain the gas generated. A larger amount of yeast should be used, and there should be no second rise.

*Ingredients:* 2 lbs. wholemeal flour, 1½ ozs. yeast, a level teaspoon of salt, a teaspoon of sugar in the yeast liquid, 1½ pints water or milk, 1 oz. butter or fat.

When the ingredients have been mixed in the mixing bowl with a knife, it will be found that the dough is quite moist—like a cake mixture—and cannot be kneaded with the hands. The dough can now be put straight into the greased and floured tins; and allowed to rise for 15 to 20 minutes until double its size. Bake as usual.

### SODA BREAD

For 2 lbs. white flour, use 2 level teaspoons bicarbonate of soda and 4 teaspoons cream of tartar, salt, milk and fat. Mix all dry ingredients together, but do not warm the flour or bowl. Add sufficient cold milk or milk and water, to make a soft dough. This must be done as quickly as possible. Put into greased and floured tins and bake in a hot oven, about 450° F.

## *Compôtes, Jams, Jellies, Etc.*

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Compôtes consist of fruit cooked in syrup and served coated with the reduced syrup. The quantity of syrup should be only just sufficient to cover the fruit, which should be very gently simmered in the syrup, otherwise it will break. The syrup is sometimes thickened with a little purée of the same fruit or with jam. It can also be flavoured with various liqueurs. Fruit compôtes can be served either warm or cold.



## COMPÔTE OF APRICOTS

Put 4 ozs. sugar in a saucepan and dissolve with just over 1 gill water. Boil for 2 minutes and add 15 small apricots, halved and stoned. Simmer very gently till the fruit is slightly soft, and remove at once and place on a glass dish. Add 1 tablespoon apricot purée or jam to the syrup, and reduce. Pour the syrup over the apricots. Break the stones carefully, remove the kernels and skin them. Cut in half and add to the compôte.

## COMPÔTE OF APPLES

Peel, core, and quarter the apples. Cook in syrup, as in preceding recipe. Pour the syrup over the apples.

## COMPÔTE OF BANANAS

Peel the bananas. Cook in syrup for 5 minutes. Put on a glass dish and pour the syrup over them.

## COMPÔTE OF CHERRIES

Remove the stones carefully. Simmer the fruit in syrup for 8 to 10 minutes. Put on a glass dish and pour the syrup over them.

## COMPÔTE OF GREENGAGES

The same as Apricot Compôte (above), but do not use the stones.

## COMPÔTE OF NECTARINES.

The same as Apricot Compôte (above).

## COMPÔTE OF PEACHES

Peel the peaches and proceed as in Apricot Compôte (above), either leaving the peaches whole or halving them.

## COMPÔTE OF PEARS

Peel and leave whole, if very small, otherwise they should be cored and quartered. Cook in syrup till tender. Put on a glass dish and cover with syrup. (See also Pears à la Bourguignonne, p. 564).

## COMPÔTE OF PINEAPPLE

Slice the pineapple, remove the outer part and the hard core. Proceed as in the making of other compôtes.

## COMPÔTE OF PRUNES

Soak the prunes for 12 hours in cold water. Cook in syrup till tender.

## COMPÔTE OF RASPBERRIES

Cook for 2 or 3 minutes only in the hot syrup. Proceed as in other recipes.

## COMPÔTE OF RHUBARB

Cut young rhubarb into short lengths and cook in syrup till tender.

## COMPÔTE OF STRAWBERRIES

The same as Raspberry Compôte (p. 673).

## COMPOUND COMPÔTES

These are made with various kinds of fruit compôte, mixed. Candied fruits are often added to these compound compôtes.

## Jams

## APRICOT JAM OR MARMALADE

Skin the fruit, cut in half and remove the stone. Allow the same weight in sugar as the skinned and stoned fruit. Put the apricots in a pile on a dish, sprinkle each layer freely with sugar and let stand for 12 hours. Remove the kernels from the stones and blanch them. Put the fruit, the sugar and the kernels in a preserving pan and simmer very gently, skimming thoroughly. Remove the pieces of apricot as they become clear and place them in the pots at once. Finally pour the syrup and kernels in the pots, cover with pieces of paper dipped in salad oil, and stretch tissue paper, brushed over with white of egg, over each jar and tie securely with string. This makes the cover air-tight. Or better still, the jam can be put in the modern jars with air-tight screw-on lids.

## CHERRY JAM

Stone and weigh the fruit. Put in a pan, bring slowly to the boil, so that the juice may be drawn out before it begins to boil, and simmer till the cherries are tender. Then bring to the boil once more, and cook for another 45 minutes, stirring often from the bottom of the pan, and turning the cherries. Remove the pan from the fire and stir in the sugar, allowing  $\frac{1}{2}$  lb. to every 1 lb. of fruit, or more if the cherries are not ripe and somewhat acid. When the sugar is dissolved, boil rapidly for about 20 minutes, skimming carefully, and stirring well and constantly so that the jam will not catch or adhere to the bottom of the pan. When done, put in jars and seal in the usual way. Good sound fruit should always be chosen and bruised cherries should not be used.

## BLACK CURRANT JAM

Allow  $\frac{3}{4}$  lbs. of sugar to each 1 lb. of fruit. Put the fruit and sugar in a preserving pan and place on a very slow fire until a certain amount of juice is drawn out and until the sugar is dissolved. Then bring to the boil and simmer gently for about 40 minutes,

stirring occasionally. Put a spoonful on a plate to test it and, if it stiffens, pour at once into jars and cover in the usual manner.

Black currant jam is often apt to be dry. To avoid this, a good method is to remove nearly half of the currants when the jam is ready to be potted, pressing them against the sides of the preserving pan to extract the juice. This leaves the remainder far more liquid, and pleasanter than when the skins are retained.

### DAMSON JAM

The fruit should be freshly gathered for this jam, and quite ripe. Split and stone the damsons and weigh them. Put them in the preserving pan and boil somewhat quickly for 40 minutes. Then ~~put~~ in half the weight of sugar, simmer till the sugar is dissolved, and boil for another 15 to 20 minutes, skimming carefully and stirring frequently. Put in pots and cover.

### GOOSEBERRY JAM

The rough larger kind of red gooseberries, when ripe, make the nicest jams, but it can also be made with green gooseberries, in which case a larger proportion of sugar is required. Remove the tops and stalks of the fruit carefully, and, if using the ripe red gooseberries, put in the preserving pan (having weighed them before) and boil quickly for 45 minutes, stirring very frequently. Then add the sugar, allowing  $2\frac{1}{2}$  lbs. to every 6 lbs. of fruit, and boil briskly for about 20 to 25 minutes. Stir well from the bottom of the pan, so that it will not burn.

When using green gooseberries, allow equal quantities of fruit and sugar. Having removed the stalks and tops of the gooseberries, add to the sugar, which should have been dissolved over a slow fire in 1 pint of water. Bring to the boil gradually, stir frequently and simmer for about 40 minutes. Pour into jars and cover in the usual manner.

### GREENGAGE JAM

Choose ripe greengages, skin them, cut in half and remove the stones. Weigh the fruit and allow  $\frac{3}{4}$  lbs. sugar to every 1 lb. of fruit. Put the fruit in the preserving pan, adding a few kernels which have been removed from the stones and blanched, and boil for about 50 minutes, keeping them well stirred. Then add the sugar, stir well, remove the scum carefully and boil for another 10 minutes. Put in jars and cover in the usual way.

### PEACH JAM

The fruit for this excellent jam should be ripe but quite sound. Pare, stone and weigh the fruit and put it in the preserving pan. Bring to the boil, and cook for 45 minutes, stirring frequently. Draw the pan to the side of the fire, and add the sugar, allowing

10 ozs. to every 1 lb. of fruit. Boil briskly for about 5 minutes, removing the scum and adding, after the mixture has boiled for 2 minutes, the blanched kernels of part of the peaches. The juice of 1 or 2 lemons is sometimes added, but this is a matter of taste.

Another method is to rub the peaches through a sieve after they have been partially boiled, which tends to bring out their fine flavour. The jam can also be made with a mixture of peaches and nectarines, treated in the same manner as the peaches.

### PLUM JAM

The same as Apricot Jam (p. 674) but without using the kernels.

### RAISINÉ

(Grape juice jam)

The raisiné is a kind of jam which is made from grape juice. There is the plain raisiné made with grape juice and the raisiné composé to which various kinds of fruit are added. It is popular especially in the wine-growing districts of France, where grapes are cheap and plentiful. It is quite simple to make—the grapes are rubbed through a sieve and put in a preserving pan, and set on the fire till the mixture thickens and has the consistency of jam. It is then put in pots, well sealed, and kept in a dry place.

Sugar may be added if the grapes used are not sufficiently sweet.

### RASPBERRY JAM

The fruit should be very fresh, as raspberries are apt to become mouldy soon after they are gathered. Choose ripe and perfectly sound fruit for the making of jam. Allow  $\frac{1}{2}$  their weight of sugar. Put the raspberries in a preserving pan and bruise the fruit gently with the back of a wooden spoon. Boil over a brisk fire for about 25 minutes, then add the sugar and boil for another 10 minutes, removing the scum and stirring frequently. Another, and very satisfactory method, is to extract the juice from some of the smaller raspberries, and boiling the other raspberries, crushed with a spoon in this juice, allowing 1 lb. of juice to every 3 of the fruit. In this case, if the fruit is very ripe, the sugar may be added after 10 minutes boiling, and well stirred until dissolved, but without boiling.

### RHUBARB JAM

The stalks of young and fresh rhubarb should be used for the making of this jam. Wipe the stalks quite clean, pare them and weigh and cut into  $\frac{1}{2}$ -inch lengths. Mix with their weight of sugar, and let them stand for 15 to 20 minutes to draw out the juice. Put the mixture in a preserving pan and bring to the boil very gradually, but, as soon as the stalks are tender, boil rapidly for about 30 minutes.

## STRAWBERRY JAM

Remove the stalks from ripe and sound strawberries, weigh them and put in the preserving pan. Boil for 35 minutes, stirring frequently. Then add the sugar, allowing  $\frac{1}{2}$  lb. to every 1 lb. of fruit if these are very sweet and ripe, or 10 ozs. if not very sweet. Mix thoroughly and boil for 25 minutes, removing the scum and stirring constantly.

## TOMATO JAM

To obtain 1 lb. tomato pulp,  $3\frac{1}{2}$  lbs. tomatoes are required. Chop the tomatoes and rub through a sieve. Put this purée in a preserving pan and boil for 5 minutes. Then strain through a jelly-bag. The pulp remaining in the jelly-bag is thus free from tomato juice. Weigh this pulp and use an equal amount of sugar. Put the sugar in the preserving pan with a little water and boil to the Large Ball (Cooking of Sugar, p. 549) and add the tomato pulp and 6 tablespoons gooseberry juice to every 1 lb. tomato pulp. This will help to give the jam consistency. Flavour with vanilla. Cook over a quick fire, stirring continuously till the jam thickens. Put in jars, etc., as in the other recipes.

## MARMALADE

Take Seville oranges and, with a small, sharp knife, split the skin in four without piercing the pulp of the orange. Remove the skin without breaking it, and at once cut into thin strips, or chips, about  $\frac{1}{2}$ -inch long.

Divide the oranges into sections and carefully remove the pith and pips. Weigh the fruit and the skins, put them in an earthenware receptacle, and cover with just over 1 quart of cold water to every 1 lb. of fruit. Let stand for 24 hours. Then turn into a preserving pan, bring to the boil and simmer till reduced by half. Let the mixture stand again for another 24 hours. Weigh the fruit and the liquid and add an equal weight of sugar, put all in a preserving pan, bring to the boil, skim, and simmer until the syrup stiffens at once when placed on a marble or cold plate. Turn into pots and cover. Keep in a cool, dry place.

## Jellies

## APPLE JELLY (1)

Pare, core and quarter the fruit and weigh quickly so that it does not lose its colour. Put in the preserving pan and add 1 pint of cold water to every 1 lb. of fruit. Boil until the apples are broken, but do not reduce to a thick pulp, as the juice will not be clear. Drain through a muslin and afterwards through a jelly-bag. When it appears quite clear and transparent, weigh and then

reduce it by boiling quickly. Draw the pan to the side of the fire, and stir in the sugar, allowing 2 lbs. to every 3 lbs. of apple juice. Stir till the sugar is entirely dissolved, then boil for 10 minutes or until the mixture turns into a jelly when lifted out with a skimmer. 2 minutes before removing from the fire add the juice of 1 small lemon to every 2 lbs. of jelly. If carefully made, the jelly should be quite transparent, and firm.

### APPLE JELLY (2)

To every 1 lb. apples allow 3 ozs. sugar,  $\frac{1}{2}$  pint water, 3 ozs. castor sugar and the juice of 1 lemon. Peel, core and slice the apples and put them in a saucepan with the water, sugar and lemon juice. Simmer till sufficiently tender to be rubbed through a sieve. Melt  $\frac{1}{2}$  oz. gelatine in a little water and add to the apple mixture, stirring well. Turn into a prepared mould and put in a cool place till set.

### CRAB APPLE JELLY

Cut the crab apples in half, but without peeling, put them in a preserving pan, cover with cold water, bring to the boil and simmer till the apples are reduced to a pulp. Put in a jelly-bag and hang up to drain for several hours, or overnight. Put the liquid into the preserving pan, with the sugar, allowing 1 lb. sugar to every pint of liquid, and the juice of  $\frac{1}{2}$  lemon. Stir over a slow fire till the sugar is dissolved, then boil quickly for 20 to 30 minutes, till the mixture sets to a jelly when a little is lifted out on a skimmer.

### BLACK CURRANT JELLY

Stir some black currants, from which the stalks have been removed, over a slow fire until they have yielded their juice. Strain and weigh the juice, and boil for 20 minutes. Draw to the side of the fire and mix in the sugar, allowing  $\frac{3}{4}$  lbs. to every 1 lb. of juice, if the jelly is liked somewhat sweet, or  $\frac{1}{2}$  lb. of sugar if preferred somewhat sharp. Boil for 10 minutes, or until the mixture sets in a jelly when a little is put on the skimmer.

### RED CURRANT JELLY

This is made in the same way as Black Currant Jelly.

### BLACKBERRY JELLY

Pick the blackberries and put in the preserving pan with sufficient water to cover. Bring to the boil and simmer till the fruit is quite soft. Strain through a jelly-bag for a few hours or overnight, and allow 1 lb. sugar to every pint of juice. Put in the preserving pan, simmer till the sugar is dissolved, and boil for about 8 to 10 minutes, till the mixture sets into a jelly when a little is lifted out on the skimmer.

## DAMSON JELLY

Put the fruit in a pan, barely cover with cold water, bring to the boil, and boil till the fruit is quite tender and the juice has been drawn from it. Strain through a jelly-bag, as in other recipes for jellies, and add to the juice of the damsons  $\frac{1}{2}$  of the juice of plums, prepared and cooked in the same way. This softens the flavour of the damsons and gives the jelly a better colour. Boil these juices together for 20 minutes, draw the pan from the fire and stir in the sugar, allowing 10 ozs. to every 1 lb. of fruit. Boil quickly for 6 to 10 minutes longer, removing all the scum. The jelly should be constantly stirred before and after the sugar has been added.

## GOOSEBERRY JELLY

Allow equal quantities of gooseberry juice and sugar. Put the sugar and juice in a preserving pan and let stand for about 10 minutes, till the sugar is dissolved. Then put on a quick fire, skim carefully and when the mixture jellies on the skimmer, remove from the fire and drain through a sieve into a basin.

## ORANGE JELLY

To every pint of strained orange juice, allow 1 pint boiling water, 2 ozs. loaf sugar,  $1\frac{3}{4}$  ozs. gelatine, the juice of 2 lemons, and the thinly cut rind of 2 oranges. Put the water, sugar, gelatine and orange rinds in a saucepan and bring to the boil. Simmer *very* gently for 6 or 7 minutes. Put the strained orange and lemon juice in a basin and strain the contents of the saucepan over them through a muslin. When cool, pour into a mould, well rinsed with cold water, and keep in a cool place till set. It is preferable not to clear this jelly, as the flavour is spoiled.

## QUINCE JELLY

Pare, quarter and core some ripe and sound quinces, and put them in the pan with water, allowing 1 pint to every 1 lb. fruit. Simmer till the fruit is broken, but do not boil to a pulp. Turn into a jelly bag, and let drain for several hours. Weigh the juice and boil quickly for 20 minutes. Draw from the fire and mix in the sugar, allowing 12 ozs. to every 1 lb. fruit or 14 if the fruit is very acid. Stir until dissolved, and carefully remove the scum. Pour into glasses or moulds and, if properly made, it should be sufficiently firm to turn out of the latter. It can also be made with an equal weight of juice and sugar, and boiled rapidly from 20 to 30 minutes.

## RASPBERRY JELLY.

Put the fruit in a preserving pan, bruise it with the back of a wooden spoon to extract the juice, and stand the pan over a gentle heat for 20 minutes or more, so that the juice is drawn out.

Strain and weigh the juice, and boil rapidly for 20 minutes. Draw the pan from the fire and stir in the sugar, allowing  $\frac{3}{4}$  lbs. to each 1 lb. fruit. Stir till the sugar is dissolved, and boil fast from 15 to 20 minutes longer. Skim thoroughly and stir constantly. When it jellies on being put on the skimmer or on a plate, it is done.

### STRAWBERRY JELLY

Remove the stalks, put the strawberries in an enamelled saucepan and stand over a very gentle heat so that they give out their juice, turning them over occasionally with a wooden spoon. When they have produced a fair amount of juice, simmer until they begin to shrink, but do not boil to a pulp, as this will prevent the jelly from being clear. This will take about 30 minutes. Strain through a sieve and let the strawberries stand on the sieve until the juice has ceased to drop from them. Then strain through a muslin, weigh the juice, and boil quickly in a preserving pan for 15 to 20 minutes, stirring occasionally. Then draw the pan from the fire and stir in the sugar, allowing 14 ozs. to every 1 lb. juice. When quite dissolved, replace on the fire, and boil for 15 minutes, removing the scum and stirring constantly. When the mixture jellies on being put on the skimmer, it is done.

### TOMATO JELLY

Prepare the pulp in the same manner as for Tomato Jam (p. 677). To every  $2\frac{1}{2}$  lbs. pulp, allow the same quantity of sugar, just over 1 pint gooseberry juice, and vanilla flavouring according to taste. Proceed as in the making of other jellies.

### Sundries

#### LEMON CURD

Put 2 ozs. butter in a saucepan with  $\frac{1}{2}$  lb. castor sugar, the juice  $1\frac{1}{2}$  lemons, and the finely grated rind of 1 lemon. Stir on a very slow fire till the sugar is dissolved. Add the yolks of 2 eggs, and stir continuously till the mixture thickens. Remove from the fire and, when cool, add the whites of eggs, stiffly beaten.

#### MINCEMEAT

*Ingredients:* 1 lb. each of very finely chopped suet, currants, raisins, stoned and quartered, peeled, cored and chopped apples, castor sugar,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{4}$  lb. mixed candied peel, finely shredded, 1 lemon, a little cinnamon, mace, and grated nutmeg, 1 gill brandy.

*Method:* The lemon should be pared and the rind boiled till tender, then rubbed through a sieve and mixed in a basin with all the other ingredients. Put in a jar with an air-tight lid and let stand for about 1 month before using.



## *Beverages*

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### ALMOND MILK (Austrian)

About 2 dozen or so sweet almonds are finely chopped and put into a basin or jug with 1 pint water. Stir till the mixture looks like milk. Strain through a wet napkin. Pound the almonds in a mortar, and stir again in the same water. Strain, add a good amount of sugar, and a little orange juice. It is usually served very cold and sometimes just warm.

### BARLEY WATER

Pour 3 pints boiling water over 1  $\frac{1}{2}$  teacups of well-washed pearl barley, 4 lumps sugar and the thin rind and juice of 1 lemon. Cover and let stand till cold. Strain again and again until clear, and serve.

### CARDINAL (Austrian)

About 1 lb. lump sugar is well rubbed with orange skin and put in a bowl with the juice of 2 oranges, a cupful pineapple juice, a bottle of white wine, and  $\frac{1}{2}$  bottle champagne. It is iced and served very cold.

### CHERRY WATER

Rub 2 lbs. very ripe stoned cherries through a sieve. Put the purée in a basin and add the stones, which have been pounded in a mortar, and let stand for 1 hour. Add 1 pint water, stir and strain through a cloth. Add a lump of ice and 6 ozs. lump sugar, and put it to cool for 20 minutes. When about to serve add 4 liqueur glasses of kirsch to flavour.

## CHOCOLATE

Whether made with milk or water, chocolate should never boil. Use just under 2 ozs. chocolate to a full breakfastcup of the liquid, whether milk or water. Break the chocolate tablets in pieces, put them in a small saucepan, with a little of the boiling liquid, and set on the side of the stove or on a very low fire for a few minutes till the chocolate begins to dissolve. Then remove from the fire, and with a whisk or a wooden spoon, work to a smooth paste, free from lumps. Then add a little more of the boiling liquid, mix well, and add the remaining milk or water. Beat vigorously for 1 or 2 minutes, so as to make the mixture frothy, and serve at once.

## CHOCOLATE WITH WHIPPED CREAM

On the top of the hot chocolate, put about 1 tablespoon of cold whipped cream, sweetened with a little sugar.

## CLARET CUP (1)

Put in a bowl 1 oz. lump sugar, the rind and 3 slices of 1 lemon, a similar quantity orange, 1 slice cucumber peel, 1 tablespoon Angostura Bitters, and a liqueur glass each of brandy, White Curaçao, and Maraschino. Add  $1\frac{1}{2}$  bottles red wine,  $\frac{1}{2}$  syphon soda water. Cover and let stand. Strain, then ice and serve.

## CLARET CUP (2)

This consists of 1 bottle red wine, 1 gill brandy, 3 to 4 tablespoons sugar, 1 peach and 1 nectarine cut in quarters, 3 or 4 strawberries (if in season), 2 slices orange, 3 or 4 slices cucumber, 2 strips lemon peel, sprig of borage and sprig of woodruff. Let it stand for 1 hour, stirring occasionally. 10 minutes before serving add the ice, and lastly  $\frac{1}{2}$  syphon soda.

## COFFEE (French)

To obtain good coffee it is essential that it should be properly roasted and freshly and finely ground.

In France the classical method, which has been more or less adopted in all countries where the art of coffee-making is studied, dates from the beginning of the nineteenth century, when Monsieur de Belloy, nephew of the then Archbishop of Paris, invented his famous filter, which revolutionized coffee-making. It consists of an earthenware or stone coffee-pot, with a very fine filter, a perforated disc fitting over it, and a lid. The coffee-pot is stood in a saucepan of boiling water, which is kept simmering continually, but not sufficiently for the coffee to boil. The coffee is put on the filter, in the proportions of 1 tablespoon coffee to 6 water, the coffee being first of all clamped with a little boiling

water, so that the grains will swell, and must stand for 5 minutes, with the lid on the pot. The boiling water is then added gradually, at intervals of 2 to 3 minutes. The whole process takes from 15 to 20 minutes.

The method is excellent, and is best calculated to retain the delicate aroma of coffee, which is extremely volatile, and unites so feebly with water that it escapes with great facility.

A very typical French custom is to add a liqueur glass brandy to a cup of black coffee.

### COFFEE (Turkish)

Turkish coffee is popular throughout the world, and is excellent when properly made. A copper coffee pot with a long handle and without a lid, is used. About  $\frac{3}{4}$  ozs. very finely ground coffee and the same of sugar to a fraction over a gill of water are the proportions for 1 cup of Turkish coffee. Put all in the coffee pot, and stir till the mixture comes to the boil and is frothy. Remove from the fire, and when the froth has subsided; the pot is replaced on a brisk fire, and the operation is repeated three times in all. Just before serving, a little cold water is added to settle the dregs, and a few drops of rosewater. Milk is never mixed with Turkish coffee.

### ICED COFFEE

Pour  $\frac{3}{4}$  pints boiling water gradually over 5 ozs. freshly ground coffee. Strain and put in a bowl with 10 ozs. lump sugar, letting it dissolve as the coffee cools. Add 1 pint very cold, boiled milk, flavoured with Vanilla, and  $\frac{1}{2}$  pint fresh cream. Put in a freezer, keeping the mixture just liquid, and serve in very cold cups.

### COFFEE WITH WHIPPED CREAM

To a cup of strong black coffee add a little milk and sugar, and on the top put about 1 tablespoon whipped cream, sweetened with a little sugar. The contrast of the hot coffee and the cold whipped cream is very pleasant. The coffee is sometimes served iced, with the cold whipped cream over it.

### FRUIT WITH WINE (Spanish)

Skin and stone a peach, an apricot, a plum or other suitable fruit and put it in a glass. Pour over wine. This is drunk during the meal in Spain, and the fruit which becomes impregnated with the wine is eaten afterwards.

### GRENADINA

This is made from the fresh pomegranates, the juice of which is mixed with a light syrup made with sugar and water. A little of this syrup is put in a tumbler and iced water added to it.

## KALTSCHALE

Peel and slice  $1\frac{1}{2}$  lbs. peaches and  $1\frac{1}{2}$  lbs. pineapple, add  $\frac{1}{4}$  lb. melon pulp cut into dice, and  $\frac{1}{4}$  lb. of a mixture of raspberries and red currants. Put these fruits in a silver dish and put on ice. Simmer a little cinnamon in  $\frac{1}{2}$  bottle white wine for 10 minutes, add 6 ozs. sugar and the rind of 1 lemon and let it cool. Then add  $\frac{1}{2}$  pint of a purée of strawberries and red currants. Filter and add 1 bottle Champagne and pour over the fruit and serve very cold.

## LEMONADE

To make roughly  $2\frac{1}{2}$  quarts lemonade, just over 2 quarts cold water are required, 4 large lemons, 1 lb. lump sugar.

Put the sugar in an earthenware terrine with the cold water and let stand till the sugar is melted. Then add the lemon peel, cut in strips, and the juice of 4 lemons. Cover, and let stand for 4 to 5 hours. Pour through a fine sieve, and cool on the ice before serving.

## MELONADE

Rub 1 lb. ripe melon through a sieve into a basin. Pour over it a light syrup of boiling sugar. Strain when cold. Add ice and dilute with soda water.

## ORANGEADE

Make in the same way as Lemonade (above), using 4 large oranges instead of lemons.

## PINEAPPLE WATER

Put in a basin  $1\frac{1}{2}$  lbs. finely chopped fresh or preserved pineapple, and pour over it 1 quart light boiling syrup. Let it stand till cold. Strain, add ice and dilute with soda water. When quite cold, add 3 liqueur glasses of kirsch and serve.

## MILK PUNCH

Pour 1 pint rum over the chopped rinds of 4 lemons and 1 Seville orange. Cover and let stand for 12 hours. Strain and mix in 2 more pints rum, 1 pint brandy, 1 pint sherry,  $\frac{1}{2}$  pint lemon juice, the juice 1 pineapple, 1 pint green tea, 1 lb. sugar dissolved in 1 quart boiling water, the whites of 2 eggs beaten up, and 1 quart boiling milk. Mix well, let it cool, and strain through a jelly-bag.

## PUNCH

Pour 1 quart boiling water on  $\frac{1}{2}$  oz. tea. Cover, and let it stand for 10 minutes. Strain into a punch bowl over 1 lb. lump sugar, stirring until dissolved. Add a few slices of lemon and  $1\frac{1}{2}$  pints rum, and set it alight. Serve with a slice of lemon in each glass.

**PUNCH (A quick recipe)**

Put into a large tumbler, 1 wine glass brandy, 1 of rum, 1 of gin, the juice of  $\frac{1}{2}$  lemon and a tablespoon sugar. Mix with a spoon, strain into small tumblers and fill up each with boiling water.

• **PUNCH (Guadeloupe)**

Mix  $\frac{2}{3}$  old rum with  $\frac{1}{3}$  light syrup of sugar, flavoured with nutmeg and a little lemon peel. Mix well and pour into glasses with plenty of crushed ice.

**PUNCH MARQUISE**

Put into a copper saucepan, 1 quart Sauterne,  $\frac{1}{2}$  lb. lump sugar; and the rind of a lemon, stuck with a clove. Melt the sugar, and heat until covered with a thin white froth, then remove the lemon and clove and pour into a punch bowl. Add  $\frac{1}{2}$  pint of hot brandy, set it alight and let it burn itself out.

**COLD PEACH PUNCH (Austrian)**

For this excellent punch, 10 or 12 ripe peaches are peeled and stoned, and cut in slices. These are put in a basin, freely sprinkled with sugar and allowed to stand for about 2 hours. A bottle of red wine is poured over them and also a bottle of white wine. This is iced, and just before serving a bottle of iced champagne is added.

**PUNCH (Le Brulo) (Creole) (1)**

Pour 2 wine glasses of good brandy in a silver bowl,  $\frac{1}{2}$  wine glass kirsch, the same of maraschino, and add a pinch of cinnamon and allspice. Put in about 10 lumps of sugar, and when they have absorbed the liqueurs, put them in a ladle, cover with brandy and set alight. Burn for a few minutes, and serve in wine glasses.

**PUNCH (Le Brulo) (Creole) (2)**

Another Brulo is made by cutting a large, thick-skinned orange in half, removing all the pulp, and putting 2 lumps of sugar in each half orange. Fill each with brandy and set alight. After a few minutes pour the brandy into glasses. Burning it in the orange gives it a very pleasant flavour.

**RASPBERRY AND RED CURRANT WATER**

Make a purée of  $\frac{3}{4}$  lbs. red currants and  $\frac{1}{4}$  lb. raspberries. Add to this 6 ozs. lump sugar and a little water, and stir from time to time to make it dissolve. Strain through muslin and serve with ice diluted with water or soda water to taste.

**SYRUP OF GOOSEBERRIES (French)**

This is made by pounding gooseberries in a mortar, or crushing

them in a basin so as to extract all the juice. Let the juice stand in an earthenware vessel for 12 hours to ferment. To each quart of juice, allow 2½ lbs. sugar. Mix the juice and the sugar in a preserving pan, bring to the boil, and skim carefully. When the syrup just begins to thicken, remove from the fire and stand till quite cold, when it can be bottled, tightly corked and kept in a cool place.

### SYRUP OF ORGEAT (French)

*Ingredients:* 1 lb. sweet almonds, 6 ozs. bitter almonds, 1½ quarts water, 3 lbs. crushed lump sugar, ½ tumbler orange flower water.

*Method:* Blanch and skin the almonds and pound them to a smooth paste in a mortar with a little water. Add about ½ pint water and mix well. Put the almonds and water in a saucepan, add the remaining quantity water, the sugar and orange flower water, and simmer in a double saucepan till the sugar has melted. Remove from the fire, strain through a cloth into a terrine or large basin, and when cool put it in bottles. It should be kept in a cool place, as it is apt to ferment.

### TEA

Allow 1 teaspoon tea to each breakfastcup, and 1 extra. Put the tea in a thoroughly warmed teapot and pour over freshly boiling water, allowing ½ pint for each breakfast cup. Cover the teapot, let the tea infuse for 3 or 4 minutes, and pour it out into another hot teapot, or use at once. Tea should never be left standing in a teapot with the tea leaves for long. Serve with cold, unboiled milk and lump sugar.

### TEA (Russian)

China tea is used and made in the same way as the preceding recipe. It is served without milk, but with a thin slice of lemon. It can also be served with 1 or 2 spoonfuls of jam instead of sugar.

### WHITE BEER (German)

Mix 7 quarts water with 2 bottles lager beer, 1 bottle brown beer, ½ lb. sugar, a little tartaric acid, cover with a cloth, and let it stand overnight. Bottle and cork tightly and let stand for 5 days in a moderate temperature.

### MULLED WINE

Boil in a teacup of water the peel of an orange or ½ lemon cut in strips, a small piece cinnamon, mace, 1 clove, a little ginger, slightly bruised, and 3 ozs. sugar, for a few minutes, taking care that it does not burn. Add 1 bottle of claret or other red wine, and stir gently till it is nearly boiling. Serve immediately, straining if necessary.

## HOT WINE WITH ORANGE

Dissolve  $\frac{1}{2}$  lb. lump sugar in  $\frac{1}{2}$  pint boiling water. Add the zest of 1 orange, and let it stand for 20 minutes. Take out the orange zest and add one bottle of very hot Burgundy. Serve with a slice of orange in each glass.

## WINE À LA FRANÇAISE

Dissolve  $\frac{1}{2}$  lb. sugar in a few tablespoons water in a silver bowl. Add a bottle of Bordeaux or Burgundy and  $\frac{1}{2}$  lemon cut into thin slices and free from pips. Stir well and ladle out into glasses with a slice of lemon in each.

## WINE WITH WOODRUFF (German)

Put 2 bottles of Moselle in a glass bowl, with a bunch of woodruff tied with string. Let stand in a cold place for 15 minutes, remove the woodruff, add 4 tablespoons sugar, a few slices of oranges, and in each glass put a slice of orange. This should be served very cold, with stiffly beaten white of egg in each glass.

*Sandwiches and Snacks*

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There are endless possibilities to anyone with imagination in the making of fillings for sandwiches and the devising of methods of

serving food in a neat and easily handled manner for those occasions when knife, fork and spoon are to be considered superfluous; but whatever the occasion, whether for a cocktail party, dance refreshments or the picnic, it is most important that daintiness should be studied. The sandwich, in particular, can be a delight to the epicure, but when badly made, cut too thick and large, with pieces of meat protruding, they can be far from tempting. Attention should therefore be paid not only to the ingredients, but to the manner in which the sandwiches are served.

The following recipes are given rather to stimulate ideas than to be considered as comprehensive.

### SANDWICHES

Sandwiches need not necessarily be made of white bread. There are many different kinds of bread to be bought and it is simply a matter selecting a bread to suit the ingredients. Different sorts of cheese biscuits can also be used and are of course most suitable for cheese fillings. Compound butters (p. 74), can be utilized very successfully in preparing sandwiches.

#### ANCHOVY AND OLIVE SANDWICHES

Spread brown bread with Anchovy Butter (p. 74), and use finely chopped olives as the filling.

#### AN ARAB SANDWICH

This is made with a filling of cold lean pork between two slices of bread on which a layer of Compôte of Apples (p. 673) has been spread.

#### ASPARAGUS AND PARMESAN SANDWICHES

Sprinkle the buttered bread freely with grated Parmesan cheese, and use the chopped up heads of cooked asparagus as the filling.

#### BEEF SANDWICHES WITH SAUCE MATHILDE GRAHAM

Use thin slices of very thin cold beef, preferably from the fillet, and cover with Sauce Mathilde Graham (p. 64). In making the sauce only sufficient oil and vinegar to moisten the ingredients should be used otherwise the bread will soak up the liquid.

#### BEEF SANDWICHES WITH HORSERADISH SAUCE

Make as in the preceding recipe but using very thick Horseradish sauce (p. 63).

#### CHEESE AND OLIVE SANDWICHES

Work butter and thin slices of Gruyère Cheese into a smooth paste. Spread this mixture on slices of brown bread and use finely chopped olives as a filling.



**CURRIED EGG SANDWICHES**

Make a mixture of chopped hard-boiled egg, curry powder, a pinch of mixed spice, butter, salt, pepper and a few drops of lemon juice. Spread on plain bread, brown for preference.

**DEVILLED CREAM CHEESE SANDWICHES**

Mix cream cheese thoroughly with a little made mustard and season with cayenne, pepper and salt. Spread on plain bread.

**DEVILLED FONDUE SANDWICHES**

Mix a few eggs in a basin as for an omelet, add  $\frac{1}{2}$  their weight of butter cut in small pieces, and  $\frac{1}{2}$  their weight of grated Gruyère Cheese. Season highly with mustard, salt, pepper and cayenne, and stir well. Pour the mixture into a saucepan and cook over a brisk fire, stirring continuously until the mixture begins to thicken. Remove from the fire when the consistency of thick cream, and make into sandwiches between slices of buttered bread.

**EGG AND CHUTNEY SANDWICHES**

Chop up chutney with hard-boiled egg and use as a filling between buttered white or brown bread.

**EGG AND PICKLED WALNUT SANDWICHES**

Chop up the pickled walnuts with hard-boiled eggs and spread the mixture on buttered white or brown bread.

**HAM AND CHUTNEY SANDWICHES**

Put a thin slice of ham on buttered bread and spread over some finely chopped chutney.

**AN INDIAN SANDWICH**

Mix a little cold chicken or game with ham, both finely minced. Bind with Béchamel sauce (p. 52), to which curry powder and a little lemon juice have been added. Use this as a filling between slices of bread lightly fried in butter.

**LIVER SAUSAGE SANDWICHES**

Cut the liver sausage into small pieces and pound in a mortar. Add gherkins, cut in small pieces, a little butter, season with a little salt and black pepper and pound to a smooth paste. Use the mixture as a filling for plain bread sandwiches.

**MIXED HORS D'ŒUVRE SANDWICHES**

Make a mixture of finely chopped olives and chopped tunny fish (in oil). Spread this on a slice of buttered bread. Cover another slice of buttered bread with chopped lettuce and cucumber and make a sandwich of the two.

**MOCK CRAB SANDWICHES**

Mix to a smooth paste grated Cheddar Cheese, butter, salad oil, and vinegar. Season highly with Worcester sauce, mustard and salt. The mixture should have the consistency of soft cream cheese. Spread this between white or brown bread or between large cheese biscuits.

**MUTTON AND 'RED CURRANT' JELLY SANDWICHES**

Spread the red currant jelly on buttered bread and fill the sandwiches with minced mutton.

**SALAMI SANDWICHES**

Use thinly sliced Italian Salami between slices of buttered bread.

**SALT SILVERSIDE AND DUTCH CUCUMBER SANDWICHES**

Cut the Dutch cucumber into very thin slices and place on buttered bread with a little mustard. Use the thinly cut salt silverside as the filling. Beef à la Mode (p. 262) can be used instead of the silverside.

**SARDINES AU PARMESAN SANDWICHES**

Bone and chop the sardines finely and fry them in a little butter with a good dash of cayenne pepper and a liberal sprinkling of Parmesan cheese. Use this as a filling between buttered white or brown bread.

**VITELLO TONNATO SANDWICHES**

Pound some anchovies and tunny fish (in oil) in a mortar and, when quite smooth, add to a very stiff mayonnaise (p. 64). Mix thoroughly and add a few capers. Spread this on lightly buttered bread and use thin slices of veal as the filling.

**SNACKS**

There are many recipes in other sections of this book which can be adapted as snacks. The main feature of a snack is that it should be small, tasty and neat and, if it is to be eaten with the fingers, it should be dry. Fried food is not greasy if oil (or perhaps butter), is used for frying, and if put on a cloth or blotting paper to drain. Sauces can also be used discreetly, if as little liquid as possible is employed in making them, so that they have the consistency of very thick cream.

Now that picnic baskets are fitted with large thermos flasks and various kinds of containers, as well as cutlery, and the motor car has solved the problem of weight, there is really no limit to picnic fare.

## ANCHOVY. FINGERS

Drain the oil from fillets of anchovy. Roll each fillet in a thin piece of puff or ordinary pastry and fry in oil or bake in the oven till a light golden colour.

## • CHICKEN PÂTÉS

Chop up the white meat of cooked chicken and mix with chopped mushrooms, previously cooked in butter. Add this mixture to a little highly seasoned Béchamel sauce (p. 52), and place 1 or 2 teaspoons of this in each pâté case (for pâté cases see p. 542, puff pastry).

## • • CHOCOLATE FINGERS

Beat the whites of 4 eggs to a stiff froth, add  $\frac{1}{2}$  lb. icing sugar, and  $\frac{1}{4}$  lb. chocolate, previously melted down with 2 tablespoons strong coffee and allowed to cool. Mix thoroughly and beat till stiff. Pour the mixture into well-buttered and floured sponge finger moulds, only filling them  $\frac{3}{4}$  full. Bake in a slow oven for 30 minutes or until the fingers are crisp to the touch.

## CHICKEN FINGERS

Chop finely white cooked chicken meat and mix it into a little highly seasoned Béchamel sauce (p. 52) to which some thick cream has been added. Put a little of this mixture on thin strips of puff or ordinary pastry and fry in oil to a golden tint. Drain well in the oven. They should be quite dry and crisp when cold.

## STUFFED CUCUMBER

Peel and cut the cucumber into  $1\frac{1}{2}$  to 2-inch lengths and with a small sharp knife hollow out a little of the centre of each chunk. Pound cooked salmon to a smooth paste and mix with a little finely chopped lettuce. Moisten with mayonnaise (p. 64), and fill the cucumber chunks with this mixture. If the stuffed cucumber is to be packed for a picnic, wrap each chunk in a lettuce leaf.

Prawns or other suitable fish can be used instead of salmon.

## CRYSTALLIZED CURRANTS •

Make a light syrup with  $\frac{1}{2}$  lb. lump sugar and 3 or 4 tablespoons water. Remove from the fire and dip clusters of red currants in the syrup, roll them in castor sugar and let them cool.

## CURRIED BISCUITS

Butter cheese biscuits and put a good pinch of curry powder and a little salt on each. Fry the biscuits for a few minutes in hot butter, basting them carefully so that the curry powder is not displaced. When lightly browned, remove from the pan. They become dry and crisp when cold.

## DEVILLED ALMONDS

Blanch the almonds in boiling water and skin them. Dry thoroughly and put them on a buttered tin in a moderate oven. Turn them so that they are browned equally. Remove from the oven and dredge them with salt to which a little cayenne has been added. Put them on a dish to cool.

## EGG AND CREAM ROLLS

Cut off the top and remove the inside of French dinner rolls. Moisten the inside of each roll with a little cream and put in a pinch of salt and a little pepper. Break an egg into each roll and again season with salt and pepper. Place the rolls in a deep-frying pan of boiling oil and baste continuously until the eggs have set. Remove from the oil and drain. They will become dry and crisp when cold. These are eaten with a spoon.

## EGG CROQUETTES

Mix chopped hard-boiled eggs and chopped cooked mushrooms with a thick Béchamel sauce (p. 52). Cook and stir well for about 10 minutes and remove from the fire. Add a beaten yolk of egg and a little thick cream. Replace on the fire and stir well until thoroughly blended, but do not let it boil. Remove from the fire and, when cold, shape into small corked-shaped croquettes. Roll them in flour, dip in beaten yolk of egg, seasoned with salt and pepper, and coat evenly with white breadcrumbs. Fry in boiling oil till a light golden brown and allow to drain.

## STUFFED EGGS

Stuffed eggs are very suitable for snacks or picnic fare and the stuffings can be varied (p. 231, Stuffed Egg).

## FRIED EGG BALLS

Brown a little chopped onion in butter and add a few thick slices of bread, without crust, which have been moistened with milk and squeezed to extract superfluous liquid. Season with salt and pepper and cook for a few minutes until the bread is reduced to a pulp. Put this mixture in a basin and when cool add one egg and work into a paste. When smooth, add another egg, mix thoroughly and shape into small balls, roll in fine breadcrumbs and fry in boiling oil. Drain well.

## FRITTERS

Fritters make excellent snacks, but the oil in which they are cooked must be very hot otherwise they are liable to be greasy. The fritters should be well drained in the oven before they are allowed to cool. They will then be crisp and dry and clean to handle.

Full particulars of frying batters are given on p. 83. The ingredients should be of suitable size so that the fritters are small.

The following suggestions for ingredients are given:

Cooked vegetables: Jerusalem Artichoke, cauliflower, corn (fresh or tinned).

Cooked fish: Turbot, sole, etc., also lobster and oysters.

Cooked Meats: Chopped kidneys are excellent, also chicken.

Fruits: Apple, banana, pineapple.

### LAMB CUTLETS (for picnics)

Remove all fat from the cutlets, leaving only the meat on the bone. Season with salt and pepper, dip in flour and fry the cutlets in boiling oil for 8 to 10 minutes till quite tender. Remove from the pan and drain thoroughly. Put cutlet frills on the bones so that they can be easily handled.

### MOCK FRESH ALMONDS

Blanch Jordan almonds in boiling water and remove the skins. Put them in a jar of cold salted water and let them stand for a day or longer, removing them only when required for eating.

### PASTRY RISSOLES

Make a forcemeat of left-over cold meat or chicken, mixed with chopped onion, parsley and mixed herbs and well seasoned with salt, pepper and cayenne. Shape into small balls and cover with puff or ordinary pastry. Fry in boiling oil or bake in the oven.

### PETITS PAINS À LA SAUCISSE

Work together  $1\frac{1}{2}$  lbs. flour with a good pinch salt,  $1\frac{1}{2}$  ozs. butter and the yolk of 1 egg. Add gradually just under 1 oz. yeast, previously dissolved in a cup of warm milk with 2 lumps of sugar, mixing first with a knife and then kneading with the hands to a soft dough. When sufficiently worked, the dough is easily detached from the board and from the hands. Put the dough in a basin, cover with a cloth and stand in a warm place till it has risen to double the original size—from  $2\frac{1}{2}$  to 3 hours. Divide the paste into  $1\frac{1}{2}$  oz. pieces and roll out thinly. Lay a small, partially cooked sausage on each, or a little home-made sausage meat (p. 79), cover with the dough and shape into small oblong rolls. Bake in a slow oven till lightly browned. 10 minutes before they are finished, brush over with the yolk of an egg.

### PASTRY SNACKS

Puff or ordinary pastry (p. 539) is very suitable for the making of snacks and picnic fare. Whatever the filling or whether in the form of tarts or pâtés, etc., the snacks should be small so that they can be easily handled and eaten in two or three mouthfuls.

## SABLÉS

Make a paste of  $\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. flour,  $\frac{1}{2}$  breakfastcup sugar, 1 teaspoon vanilla essence. Roll out thinly and cut into small rounds. Bake in an ungreased baking tin till a golden brown. Dip at once in a plate of castor sugar, coating them on each side. Put on a cold plate and they will be crisp when cool.

*Condiments, Herbs and Spices*

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## ALLSPICE

Pimento, or Jamaica Pepper, is familiarly called Allspice, because it has a taste of the combination of cloves, cinnamon, juniper berries and pepper. It is made from the green, unripe fruit of the *Eugenia Pimenta*, an evergreen tree extensively grown in Jamaica. The best allspice is dried by the sun's heat, but this is a more hazardous way than in ovens on account of the length of time it takes and the protection it requires from moisture at night, or in damp weather. The dried fruit is reddish brown in colour. The riper the fruit becomes, the less aromatic it is.

## ANGELICA

Angelica is found in most European countries of a cool climate. It is cultivated for both its medicinal and aromatic qualities, being a specific for pulmonary complaints. It is used principally by confectioners as a garnish, but it is also used as a flavouring for wines and liqueurs, especially in the preparation of Vermouth and Chartreuse. It is sometimes used in the making of jam, particularly

rhubarb jam, and if a small quantity of the leaf stalks are cooked with rhubarb, the flavour of the mixture will be acceptable to many who do not like plain rhubarb.

Angelica is used either candied or preserved.

### CANDIED ANGELICA

Cut the young stems of the angelica in lengths, boil them in water in a close-covered saucepan till tender. They should then be peeled, put in again and simmered till they are green. Take the angelica out and dry it in a cloth. Put it in an earthenware vessel and cover and mix with sugar, allowing 1 lb. sugar to every 1 lb. angelica. Let it stand for two days, then boil it till it is clear and green and put it in a colander to drain. Sprinkle the angelica thoroughly with more sugar, lay it on plates and put it in a cool oven till it is quite dry.

### PRESERVED ANGELICA

(From Francatelli's Cook's Guide)

"Cut the tubes or stalks of Angelica into 6-inch lengths; wash them, then put them into a copper preserving-pan with hot syrup; cover the surface with vine leaves, and set the whole to stand in the larder till next day. The Angelica must then be drained on a sieve, and the vine leaves thrown away. Boil, skim and strain the syrup into another pan, and then scour the copper-pan clean. Add  $\frac{1}{2}$  pint water to the syrup and place this and the Angelica back into the clean pan. Cover the surface with fresh vine leaves, and again leave to stand in this state till the next day; this process must be repeated 2 or 4 days running; at the end of which time the Angelica will be sufficiently green and done through. It should then be put in jars without breaking the tubes. After the syrup has been boiled and skimmed, fill up the jars, and when they are become cold, cover them over with bladder and paper, and let them be kept in a very cool temperature."

### SWEET BASIL

Basil is not often grown in this country, although it was comparatively common many years ago. It is certainly one of the most delicious herb flavourings, and is extremely popular on the Continent. It is not difficult to grow, but it requires a sheltered sunny situation and a rich soil. It is best as a seasoning when used fresh, but it can be dried in the usual manner. It can be used to flavour most dishes where seasoning is required, and the leafy tops are sometimes added to salads and wine cups.

### BAY

The leaves of the Bay Laurel, or Sweet Bay, are very often used for flavouring. The shrub is fairly common, but care

should be taken not to use the leaves of the cherry laurel, which are poisonous. The leaves are strongly aromatic and are often packed with figs and sardines. In England it is a common flavouring for curtards and puddings.

### BORAGE

Borage is an easily grown plant. It used to be a salad herb, but is now rarely used except for flavouring wine cups. It has a flavour of cucumber and gives the liquor into which it is steeped a cooling effect. It has a very attractive flower and is greatly liked by the bees as it yields excellent honey.

### BURNET

Burnet was a common salad herb in years gone by, but is now seldom cultivated. It grows wild in many parts of England. It has a slight taste of cucumber, and can be added to wine cups in the same way as borage. If the leaves are used for salad they should be cut when young, or they may be tough.

### CAPERS

The Caper plant, *Capparis spinosa*, is a trailing shrub growing in the Mediterranean region and cultivated in Sicily and the south of France. The unexpanded flower buds are preserved in vinegar for use. They have a distinctive warm taste. The seeds of the garden nasturtium, preserved in vinegar, are often used as a substitute for capers.

### CARAWAY

Caraway is grown to a small extent in England, and is indigenous to all parts of Europe, but Holland cultivates the main crop for export. The part used is the fruit, which is wrongly described as the seed. It is dried either in the sun, or by artificial heat. Caraway is used for flavouring in cookery, but chiefly in confectionery and in the making of liqueurs. It is the basis of the famous "*Kümmel*" liqueur. The common seed cake in England is flavoured with Caraway "seeds."

### CARDAMOM

The Cardamom is a native of Southern India, where it grows abundantly. The fruit is gathered and dried on the house-tops. The seeds should only be powdered when wanted for use, otherwise the aroma deteriorates.

### CHERVIL

Chervil is an easily-grown herb from seed, and, to obtain a plentiful fresh supply, sowings should be made between the end of February and October. The leaves have a pleasant and rather



sweet aromatic smell and taste. It can be used as a garnish in the same way as parsley. Sweet Cicely, which grows wild in England is a type of Chervil and can be used in the same way.

### CHIVES

Chives are very commonly used in France and Scotland, but not so much in England. They belong to the onion family, and both the bulb and the "grass" are eaten. The "grass" is excellent as seasoning and, cut fresh and chopped finely, is a great improvement to salads.

### CINNAMON

Cinnamon is made from the bark of the *Laurus Cinnamomum*, a native of India, Ceylon and the East Indies. The trade in this spice was once the monopoly of the Dutch, and it was not then cultivated. The tree grows from 20 to 30 feet in height. The branches are stripped of the outer bark and the inner is loosened and dried. It becomes shrivelled and assumes the quill-like form in which it is sold. The best cinnamon should be hardly thicker than paper. It has a very distinct and fragrant odour.

### CLOVES

Cloves are a product of the undeveloped flowers of the *Eugenia Caryophyllata*, a small evergreen tree of the Molucca Islands. At the start of the rainy season the buds appear, and later the calyx becomes yellow and then red. It is at this stage that the calyx with the embryo seed is beaten from the tree and dried. This is the clove, so frequently used in cooking. The word clove is derived from the French word "clou" meaning a nail, on account of their resemblance to a nail.

### CORIANDER

Coriander is not now grown in this country though it is occasionally found in a semi-wild state, having escaped from cultivation. It was brought to this country from the East, being one of the herbs introduced by the Romans. The seed is used for flavouring. It has a somewhat unpleasant smell, but on drying this disappears and becomes fragrant. In fact, the longer coriander seeds are kept the more fragrant they become. The taste is warm and pungent. Coriander is used for flavouring alcoholic liquors such as gin. It is also used as a common ingredient in mixed spice, and is one of the principal ingredients of curry powder.

### CUMIN

Cumin is another herb, which is little grown in England in modern times. In the thirteenth and fourteenth centuries it was a very common culinary spice. It has a somewhat similar taste

to caraway and the latter has replaced it in general use. It is very largely used in India, and is one of the chief ingredients of Curry Powder.

### CURRY POWDER

Curry Powder can always be bought ready mixed, but it is far better freshly ground, as many spices do not keep their flavour for long when ground into powder. It is a mistaken notion in England that Curry Powder should be fiery, and the ready-made powders are often so hot that the flavours of the more delicate spices are overpowered. The superiority of the curries one gets in India is due to the fact that the ingredients are freshly ground every day. Curry Powder is not difficult to make, and the ingredients can be obtained from certain of the shops which specialize in Indian products. The ingredients used are 4 oz. each of turmeric, coriander and cumin seeds; 2 oz. each of dry ginger and pepper; 1 oz. each of cardamom, fennel, chillies and mace;  $\frac{1}{2}$  oz. each of cloves, mustard and poppy seeds. These are all ground to a fine powder in a mortar and will make about  $1\frac{1}{2}$  lbs. of Curry Powder.

### DILL

Dill is quite easily grown in this country from seed. The flavouring is not much used here, but is frequently used for cooking in Russia and Scandinavia, the leaves being chopped up like parsley. The seeds are dried in the sun and are sometimes used for flavouring preserves, cakes and sauces. The seeds somewhat resemble caraway in taste, but have a very distinct flavour.

### FENNEL

Fennel is a very ornamental plant for the herb garden, the leaves being bright green and feathery. It can be grown from seed or from established roots, and gives an ample supply for some years. It was a common practice years ago to boil the green leaves of fennel with fish. It was also used to make a sauce to be served with fish, but it is now seldom used for this purpose.

### GARLIC

The cultivation of garlic is of great antiquity, and it is difficult to trace the country of its origin. It is not only praised for the flavour it imparts to food, but it is extremely beneficial medicinally. It is popular in most countries of the world except England, where for some reason there seems to be a prejudice against it, although it was liberally used in recipes before the nineteenth century. Garlic is quite easy to grow, being very similar to the onion. The bulb, the only part eaten, is of a compound nature, consisting of numerous bulblets, known as "cloves," grouped together, and enclosed within a whitish skin. It is largely consumed by the agricultural population of Southern Europe.

## GINGER

Ginger is made from the root of the *Zingiber officinale*. It is said to be a native of Asia but, on the discovery of America, it was naturalized there so that as early as 1547 over a thousand tons were exported to Europe. It is now cultivated in Jamaica, and the root from the West-Indies is considered the best. Ginger is a root which creeps and increases underground in tuberous joints. Commercial ginger is called both black and white, and for both kinds the ripened root is used, after the plant has died down. The black is scalded in water and dried in the sun. The white is scraped clean without being scalded and then dried. The white has a stronger and better flavour. Preserved ginger is made by steeping the root in syrup. Green Ginger is the immature undried root. The odour of ginger is very aromatic, and its taste hot and biting; these properties are weakened by exposure.

## MACE

Mace is the dried husk of the nutmeg, which it resembles in flavour. It is used whole or powdered.

## MARJORAM

Marjoram is one of our commonest kitchen herbs, and the leaves are used either in the fresh or dried state for flavouring. It has a strong fragrant balsamic odour and a warm bitterish aromatic taste.

## MINT

The commonest Mints grown in the kitchen garden are Spearmint, or Garden Mint, and Peppermint. Spearmint is the usual mint for culinary purposes, but a mixture of the two is pleasing. It is a herb which has been used for centuries, and frequent references are made to it in Greek literature.

## MUSTARD

There are three kinds of mustard seeds which are used for flavouring. White mustard, which is grown commercially in this country, black mustard, which usually comes from Holland or Italy, and Indian mustard which is very similar to black mustard and is especially recommended for curries.

Prepared mustard is a mixture of the black and white varieties. Indian mustard is also employed. Very fine grinding of the seeds is essential to make a good mustard. The properties of the two mustards are somewhat different; in the presence of water the white mustard produces a sulphur compound of very pungent taste but practically odourless, but when black mustard is treated with water, the sulphur compound has not only a pungent taste but a very powerful smell. In preparing mustard for use, it is

necessary to mix it with water, vinegar or milk to obtain the chemical action producing the taste, and hot water should never be used as it interferes with the process. Mustard is sometimes adulterated with cornflour and tumeric is added to give it a brighter colour. It is then sold under a fancy name such as "mustard condiment." It is as well to ask for "pure double mustard" to obtain the reliable product.

On the Continent, mustard is usually sold in a prepared form for the table. It is usually mixed with vinegar and salt and other flavourings, which are the secret of the manufacturer. The French mustards made by the firm of Bordin, established well over a century ago, and Maille, are excellent. Their mustards are Fines Herbes, à l'Estragon, à la Ravigote, etc., and are world-famous.

Mustard is a very wholesome condiment. In moderate amounts it is not only a flavouring, but tends to increase the flow of saliva in the mouth, which helps digestion, and at the same time it whets the appetite. If taken in large quantities it acts as an emetic and is used medicinally to cause the ejection of a poison from the stomach through the mouth. It is therefore obvious that over-indulgence in mustard might be injurious to the body.

## NUTMEG

Nutmeg, or *Myristica fragrans*, is a tree about 25 feet high, which grows in the Banda Islands, Malayan Archipelago and Molucca Islands. It is also cultivated in Sumatra and French Guiana. The tree does not bloom until it is nine years' old, and then continues to do so for seventy-five years without attention. The fruit is gathered by means of a barb attached to a stick. The seed or nutmeg is removed from the husk or mace and dried on gratings over a slow charcoal fire for 3 to 6 weeks. When thoroughly dried they rattle in the shell, which is cracked with a mallet. The nutmegs are graded, 1st Penang, 2nd Dutch (these are usually covered with lime to preserve them from insects), 3rd Singapore, and 4th long nutmegs. Nutmegs have a strong, pleasant fragrance and a warm bitter aromatic taste.

## CULINARY OILS

The use of oil in the kitchen is usually confined to the dressing of salads and as a medium for cooking food at a higher temperature than that which can be attained by water. There are a few aromatic oils which are used as flavourings, but it is not necessary to consider these in detail. Salad and cooking oils are used to a far greater extent abroad than in England. They act as a mild laxative and are very wholesome. The extensive use of purgatives in this country may be due to their restricted use. Vegetable oils

are far better for the health than medicinal parafin, which is liable to interfere with the absorption of foods, and other aperients which merely irritate the intestines.

### OLIVE OIL

This is the best oil for use either as a salad oil or for cooking. The olive is the fruit of the olive tree, which is chiefly cultivated in the Mediterranean countries. The best oil is obtained from the fruit of selected trees and is extracted by pressing the olives, care being taken not to crush the kernels. This is sold as "virgin oil." The olives are again subjected to greater pressure and a further yield is obtained, which is not so good as the first. Good olive oil should be pale yellow in colour and should have a slight, but agreeable taste. It has a tendency to solidify in cold weather. Olive oil is apt to go rancid if exposed to the air and should be kept well corked. It is frequently adulterated and it is advisable for the housewife to insist on "pure, virgin olive oil" and to refuse inferior qualities. The following are some of the oils used as substitutes or for adulteration of olive oil.

### POPPY SEED OIL

This is obtained from the seeds of the Opium Poppy, but is free from opium itself.

### PEANUT OIL

This is an important substitute for olive oil and is cheaper, but is not as good. It is obtained from the seeds of the *Arachis*, a clover-like plant grown in Brazil and Gambia.

### COTTON SEED OIL

This is made from the seeds of the cotton plant. The oil is inclined to congeal and is not so suitable as a salad oil though it is quite satisfactory for frying. It is a very common adulterant of olive oil. Other oils used as adulterants to olive oil are Sesame, Gingelly, Maize and Sunflower oil.

### PARSLEY

Parsley is another herb which is found in every kitchen garden. It has been cultivated for many centuries, but in ancient Greece was not used in cooking, being held as a sacred herb. It is easily grown from seed and with the aid of a frame it is possible to have a continual supply all the year round.

### PEPPERS

The common peppers used in the kitchen are White, Black and Cayenne. White and Black peppers are actually products of the same plant, the *Piper nigrum*. White pepper is made from the ripe fruit, which is soaked in water for about a week, then rubbed

to remove the dark outer coatings and finely ground. Black pepper is made from the fruits, gathered when they begin to redden. They are dried in the sun, which shrivels and blackens them. Black pepper has more flavour than the White.

Mignonette pepper is White pepper with the husks removed and crushed finely and not ground.

The use of pepper is wholesome when taken in small amounts for seasoning. Like mustard it increases the flow of the gastric juices and promotes appetite. Its action on the body is to stimulate perspiration and thus cause a fall in the temperature. For this reason it is popular in tropical countries.

Cayenne pepper is made from different species of the *Capsicum* pepper plants, the fruits of which are dried and powdered. The flavour is quite distinct.

Paprika or Hungarian Pepper is made from the fruit of the *Capsicum annum*, and was originally introduced into Europe by the Turks after their conquest of Hungary. It is sold in different grades varying in pungency and has a very distinct and pleasing flavour quite unlike the common peppers.

Chilli or Bird Peppers, the *Capsicum minimum* (Roxb), are extremely pungent and fiery and their use must be discreet. The fruit is usually sent to this country in bottles. They are called Bird Peppers, because the humming and other tropical birds are extremely fond of them, so much so that the shrubs have to be protected in the same way as we protect our cherry trees in this country.

### ROSEMARY

Rosemary grows abundantly on the dry rocky hills of the Mediterranean region, and we know of its existence in this country before the Norman Conquest. For many centuries it has been freely cultivated in kitchen gardens. It is easily grown in warm, dry sunny borders. The parts used for flavouring salads or for cooking are the leaves and the young tender stalks. It is sometimes used in small quantities in wine cups. The blossoms contain much nectar and are attractive to the bees. The famous Narbonne honey takes its flavour from the rosemary which grows in great profusion in that district of France.

### SAGE

Sage is a very popular English herb. It is an evergreen shrub, not native to this country though it has been in common use for many centuries. It grows in its wild state along the Mediterranean coast from Spain to the Adriatic. It has great medicinal properties and there is an old English saying:

He that would live for aye  
Must eat Sage in May.

Sage may be dried in bunches for winter use like other woody-stemmed herbs and should be cut for this purpose when the flowers appear. In England, sage is much used as an ingredient for stuffings, generally with onions.

## SALT

Although salt is usually termed a condiment, strictly speaking it has not the necessary characteristic, being devoid of odour and hence of flavour, though possessing a strong taste. Salt is a compound of the two elements sodium and chlorine and its chemical name is "sodium chloride." It is usually obtained from natural brine deposits and from deposits of rock salt. In England the latter are found at Droitwich, Middlesbrough and in Cheshire. It always contains a certain amount of impurities, which add to its taste, but are of a hygroscopic or water-absorbing nature. This causes salt to become damp when exposed to the air. Certain fine table salts are treated with chemical additions to counteract this.

Salt is a necessary constituent of the body and although there is a small quantity in most raw foods, it is probable that there is not enough if we relied on this for our needs. Excessive use of salt is not likely to be harmful, but it has the tendency of blunting our taste for delicate flavours.

It should not be necessary to add salt to cooked food at table, as this should have been done during the process of cooking in the kitchen. The importance of this cannot be too strongly stressed. Food which is cooked without salt is usually flavourless, particularly when boiled; the reason for this being that the addition of salt to the water tends to form a saturated solution, or, to put it in more simple language, the water becomes impregnated with the salt, leaving no room for the flavours in the food to be absorbed in the salted water. It is commonly said that adding salt during cooking "brings out the flavour," but it would be more accurate to say that it keeps the flavour in.

*Gros sel* is a crude salt much used in France, the impurities giving it a somewhat stronger taste. It can be bought in those districts in London where there is a foreign population. It is not unlike the Bay Salt of England.

Salt is also used for preserving food such as fish, etc.

## SUMMER AND WINTER SAVOURY

Savoury is not grown to the same extent as it was a few centuries ago, when it was in common use. The Summer Savoury is an annual and is more usually grown; the Winter Savoury is perennial. The leaves and tender tops are the parts used.

## TARRAGON

Tarragon is a native of Southern Russia and Siberia, but has been cultivated in Europe for the last five hundred years. It is very popular in continental cookery, but is not used to much extent in England. Tarragon is a perennial and is not difficult to grow in warm, dry sunny situations. It should be protected from frost in the winter. Tarragon has a distinct aromatic taste and fragrant smell of its own, and is one of the most pleasing of all herbs. Besides the general use made of it in cooking, it is very popular as a flavouring to vinegar and to the famous French mustard made by Bordin. A few leaves added to a salad are excellent.

## THYME

Thyme has always held an important place in the kitchen herb garden. It has been cultivated in this country for many centuries. Although well known in ancient times, it was not much used as a culinary herb, but the Romans used it to flavour cheese—a practice which is still followed in certain continental countries.

Bees are extremely fond of the flowers of Thyme, and the honey from the region of Mount Hymettus, near Athens, is noted for its special flavour due to the profusion of that herb.

Thyme is quite easily grown, but to get the best flavour it should be grown in dry, stony soil and in this sort of poor ground it will survive the severest frosts. The herb is dried for winter use. It is extensively used for stuffings and forcemeats in this country. There are three varieties most commonly grown for culinary use; the broad-leaved, the narrow-leaved and the variegated. The narrow-leaved with small greyish-green leaves is the strongest in flavour. Another variety is Lemon Thyme, which has a distinct lemon flavour. There is also Orange Thyme, which Dr. Kitchiner mentions in his book "The Cook's Oracle" as a delicious herb which deserves to be better known. This and other Thymes were used to rub the baron of beef before being roasted and so came to be called "Herbe Baronne."

## TUMERIC

Tumeric is a perennial plant cultivated in China and the East Indies. The tubers are dried and then ground to a fine powder. Its chief use is in the manufacture of curry powder, to which it gives the bright yellow colour. It has a peculiar fragrant odour and a bitterish warm taste not unlike ginger.

## VANILLA

The use of Vanilla was introduced to Europe by the Spaniards after the conquest of Mexico, where it was used by the Aztecs as an ingredient in the manufacture of chocolate. It is made from



the fermented and dried pods of several species of Orchids, particularly the *Vanilla planifolia*; this plant has a long fleshy stem and attaches itself by its ærial rootlets to the trees, as well as deriving its nourishment from its roots in the soil. The cultivated plant is more aromatic than the wild. It is largely used in the flavouring of sweets and confectionary. It is better to use the vanilla pods rather than the prepared essence of vanilla, the odour of which quickly escapes.

## VINEGAR

Vinegar is usually made from wine or malt liquor. In this country malt vinegar is the more popular, though it is considered inferior in quality by the epicure. The process of manufacture is much the same, the wine or malt liquor being mixed with beech-shavings, which have been previously treated with vinegar and have become impregnated with the necessary bacillus. It takes 2 or 3 weeks for the process to be completed. Inferior wines are used for the manufacture of wine vinegar, the colour depending on whether red or white wine has been used. Vinegar made from white wine is considered the best of all.

Vinegars are sometimes flavoured with spices or herbs, the most popular of these being tarragon vinegar. This can be made by putting clean, freshly picked tarragon leaves into the vinegar and allowing them to remain tightly covered for at least 6 weeks. The vinegar should be strained before use.

The chemical basis of vinegar is acetic acid. Its use in moderation is quite wholesome, but the constant and excessive use of strong vinegars is apt to be extremely injurious to the stomach.

## *Garnishes*

ALGÉRIENNE (for joints). Small tomatoes cooked in oil.  
Croquettes of sweet potatoes.

ALSACIENNE (for joints) (1). Tartlets filled with braised sauerkraut and garnished with a small slice of ham.

(2) Nouilles sautées in butter, garnished with diced truffles and foie gras.

AMBASSADEUR (for joints). Potatoes Duchesse. Bottoms of artichokes, garnished with a purée of mushrooms and sprinkled with grated horseradish.

AMÉRICAINNE (for fish). Slices of lobster and thin slices of truffles.

ANCIENNE (for chicken). Small onions braised without browning, and mushrooms.

- ANDALOUSE** (for joints and chicken). Pimientos cut in half, grilled, and stuffed with plain boiled rice. Aubergines cut in 3-inch lengths, cooked in oil and stuffed with chopped tomatoes, also cooked in oil. Sprinkle the tomatoes with chopped parsley.
- ARLÉSIENNE** (for tournedos and noisettes). Thin slices of aubergines fried in oil. Rounds of onions fried, and chopped tomatoes lightly cooked in oil.
- BATELIÈRE** (for fish). Mushrooms, small glazed onions, fried eggs, and shelled prawns.
- BERRICHONNE** (for joints). Braised cabbage shaped into balls, small onions and chestnuts, whole, and rashers of bacon.
- BOHÉMIENNE** (for noisettes). Pilaff, chopped tomatoes, rounds of fried onions.
- BOULANGÈRE** (for joints). Roast in the meat tin chopped onions lightly browned in butter, mixed with diced potatoes. Season with salt and pepper, moisten with a little white stock and cook at the same time as the joint.
- BOUQUETIÈRE** (for joints). Bottoms of artichokes, garnished with carrots and turnips cut in pieces and glazed, French beans broken in short lengths, peas and clusters of cauliflower covered with sauce Hollandaise. Potatoes Château.
- BOURGEOISE** (for joints). Carrots cut small, onions browned and glazed and strips of bacon.
- BOURGUIGNONNE** (for joints). Onions browned and glazed, mushrooms cut in quarters and sautés, and strips of bacon.
- BRILLAT-SAVARIN** (for game). Small tartlets filled with a hot soufflé of game with truffles. Garnish with slices of truffles.
- BRISTOL** (for joints). Small croquettes of rice, flageolets mixed with Velouté sauce and large potatoes Noisette, browned in a little meat stock or glaze.
- BRUXELLOISE** (for joints). Braised chicory, Brussels sprouts cooked in butter, and potatoes Château.
- CANCALAISE** (for fish). Oysters poached and bearded, shelled prawns; bind with sauce Normande.
- CARDINAL** (for fish). Slices of lobster and thin slices of truffles. Truffles and lobster cut into dice and mixed with a Béchamel sauce made with a fish and lobster stock.
- CATALANE** (for tournedos and noisettes). Bottoms of artichokes and grilled tomatoes.
- CHAMBORD** (for fish). Large fish quenelles garnished with mushrooms and soft roe sauté in butter, shelled prawns and slices of truffles. Croûtons of puff pastry.
- CHAUCHAT** (for fish). Slices of cooked potatoes placed around the fish.

- CHIPOLATA** (for joints). Onions browned and glazed, chipolata sausages, whole chestnuts cooked in stock, strips of bacon.
- CHORON** (for tournedos and noisettes). Bottoms of artichokes garnished with peas and potatoes Noisette. .
- CLAMART** (for joints). Tartlets or bottoms of artichokes garnished with peas à la française or a purée of fresh peas. Potatoes Château.
- COMPÔTE** (for pigeons). Strips of bacon, onions browned and glazed and mushrooms cut in quarters and sautés. .
- CONTI** (for joints). Purée of lentils and strips of lean bacon cooked with lentils.
- DARTOIS** (for joints). Carrots and turnips cut into pieces, braised celery and potatoes browned in butter.
- DAUPHINE** (for joints). Croquettes of potato Dauphine made in the shape of either balls, flat cakes or corks.
- DIEPPOISE** (for fish). Shelled prawns, bearded mussels and mushrooms.
- DUBARRY** (for joints). Cauliflower, coated with Mornay sauce. Potatoes Château.
- DUCHESSE** (for joints). Potatoes Duchesse made into different shapes.
- FAVORITE** (for tournedos and noisettes). Slices of foie gras sautés, slices of truffles, asparagus tips.
- FERMIÈRE** (for chicken or joints). Carrots, turnips cut into triangles, and onions and celery cooked in butter.
- FINANCIÈRE** (for chicken and joints). Quenelles, cocks' combs and kidneys, thin slices of truffles, mushrooms and stoned olives.
- FLAMANDE** (for joints). Braised cabbage, pieces of carrots and turnips, strips of bacon cooked with the cabbage, slices of sausage, plain boiled potatoes.
- FLORENTINE** (for fish or sweetbread). Cooked spinach left whole. .
- FRASCATI** (for chicken or joints). Slices of foie gras sautés, mushrooms, small truffles, asparagus tips, potatoes Duchesse shaped into crescents.
- GODARD** (for chicken or sweetbreads). Very small quenelles, large quenelles garnished with mushrooms, cocks' combs and kidneys, lambs' sweetbreads or calves' sweetbreads cut in slices, truffles.
- GRECQUE** (for entrées). Plain boiled rice, chopped onion fried in butter, sausage meat, chopped lettuce, peas cooked à la Française, pimientos. .
- HENRI IV** (for tournedos and noisettes). Potatoes Pont-Neu' and watercress.

- HONGROISE** (for joints). Clusters of cauliflower covered with a sauce Mornay to which a little paprika has been added, and chopped ham. Plain boiled potatoes.
- HUSSARDE** (for joints). Stuffed potatoes, aubergines cut in 3-inch lengths and stuffed. A sprinkling of grated horse-radish.
- INDIENNE** (for entrées). Plain boiled rice.
- ITALIENNE** (for joints). Bottoms of artichokes cut in quarters and flat croquettes of macaroni.
- JARDINIÈRE** (for entrées). Carrots, turnips, French beans cut in pieces, cooked in butter, with separate garnishes of flageolets, peas, clusters of cauliflower, covered with sauce Hollandaise.
- LORETTE** (for entrées). Chicken croquettes, asparagus tips, and thin slices of truffles.
- LORRAINE** (for joints). Braised red cabbage, potatoes cooked in butter.
- MACÉDOINE** (for joints). See Jardinière, but mixed and served with the bottoms of artichokes.
- MARÉCHALE** (for entrées) (1). Very small truffled quenelles, and thin slices of truffles mixed with a Duxelles sauce and a little chopped ham and mixed herbs. Cocks' combs.  
(2) Asparagus tips and thin slices of truffles.
- MARIE-LOUISE** (for entrées). Bottoms of artichokes garnished with a purée of mushrooms, to which a little Soubise sauce has been added. Potatoes Noisette.  
(2) Bottoms of artichokes cut in quarters, tomatoes cut in half and cooked in butter, braised lettuce and potatoes Château.
- MARIGNY** (for entrées). Tartlets filled with peas and chopped French beans. Potatoes cooked in butter.
- MARINIÈRE** (for fish). Bearded mussels and shelled prawns.
- MARSEILLAISE** (for tournedos and noisettes). Small tomatoes stuffed with an olive, and baked with a little oil and garlic. Surround the olive with a fillet of anchovy. Ribbon potatoes.
- MATELOTE** (for fish). Onions browned and glazed, mushrooms, heart-shaped croûtons, shelled prawns.
- MÉDICIS** (for tournedos and noisettes). Bottoms of artichokes garnished with peas and carrots and turnips trimmed into pieces the size of peas, the vegetables being kept separate. Potatoes Noisette. Cover the tournedos or noisettes with Béarnaise sauce to which a little tomato pulp has been added.
- MILANAISE** (for escalopes). Tongue, ham, mushrooms, and truffles all cut into strips and simmered in butter adding a little Madeira. Add this to spaghetti and mix with tomato sauce, grated cheese and butter.

- MIRABEAU** (for grills). Cover with a trellis work of fillets of anchovy, stoned olives. Anchovy butter is served separately.
- NANTAISE** (for joints). Glazed turnips, peas, and purée of potatoes.
- NAPOLITAINE** (for escalopes). Spaghetti mixed with a little butter, tomato sauce and cheese. Dress with chopped tomatoes.
- NIÇOISE** (for fish). Chopped tomatoes with a little garlic, capers, and thin slices of lemon, pared and the pips removed. Anchovy butter placed around.  
(For chicken and joints). Small tomatoes baked in the oven with a little oil, French beans cooked in butter, potatoes Château.
- NIVERNAISE** (for entrées). Carrots and turnips trimmed and glazed, braised lettuce, lightly cooked onions, glazed. Plain boiled potatoes.
- NORMANDE** (for fish). Oysters and mussels bearded, mushrooms, shelled prawns, fillets of sole cut into strips and fried, or smelts. Croûtons. Thin slices of truffles.
- ORIENTALE** (for joints). Tomatoes cut in halves and garnished with plain boiled rice, mixed with a little onion fried in butter, sausage meat, chopped lettuce, peas cooked à la française and pimientos. Potato croquettes.
- ORLOFF** (for joints). Line a dariole mould with sticks of braised celery and fill with a purée of celery. Tomatoes stuffed with chicken, braised and stuffed lettuce and potatoes chateau.
- PARISIENNE** (for entrées) (1). Braised lettuce surrounded by potatoes trimmed and cooked in butter and glazed with a little meat stock.  
(2) Bottoms of artichokes garnished with small, short strips of tongue, mushrooms and truffles and mixed with Velouté sauce. Potatoes trimmed and cooked in butter and glazed with a little meat stock.
- PARMENTIER** (for entrées). Potatoes cut in cubes and cooked in butter and sprinkled with chopped parsley.
- PAYSANNE** (for entrées). Carrots, turnips cut into triangles, onions and celery cooked in butter. Diced potatoes and lean bacon cut in strips.
- PIÉMONTAISE** (for entrées). Risotto with truffles.
- PORTUGUAISE** (for entrées). Stuffed tomatoes and potatoes Chateau.
- PRINTANIÈRE** (for entrées) (1). As Jardinière, but the vegetables are cut into dice. Potatoes Noisettes.  
(2) Carrots and turnips, trimmed and glazed, onions browned and glazed, peas, French beans in small pieces, asparagus tips, all cooked with the entrée in a cocote or casserole.

**PROVENÇALE** (for entrées) (1). Small tomatoes, mushrooms stuffed with Duxelles sauce, seasoned with garlic.

(2). Tomato purée seasoned with garlic, stoned olives.

**RENAISSANCE** (for joints). Bottoms of artichokes garnished with carrots and turnips, trimmed small, French beans, peas, asparagus tips, and cauliflower covered with Hollandaise sauce. These should be garnished around in alternate colours. New potatoes cooked in butter.

**RICHELIEU** (for joints). Tomatoes and mushrooms stuffed, braised lettuce and potatoes Château.

**ROMAINE** (for joints). Tartlets garnished with gnocchi à la Romaine au gratin. Spinach mixed with chicken forcemeat in small moulds.

**ROMANOFF** (for joints). Stuffed cucumber, cases in the shape of tartlets made of potatoes Duchesse filled with a mixture of celeriac, mushrooms and Horseradish sauce.

**ROSSINI** (for tournedos and noisettes). Slices of foie gras sautés in butter, and thin slices of truffles.

**SAINT-GERMAIN** (for sweetbreads). Bottoms of artichokes covered with a purée of peas cooked in butter. (For joints). Purée of peas mixed with yolk of egg, butter and cream, put into dariole moulds and poached, turned out and dressed around the dish alternately with carrots trimmed and glazed, and potatoes cooked in butter.

**SÉVIGNÉ** (for entrées). Lettuce, grilled mushrooms and potatoes Château.

**SICILIENNE** (for entrées). Stuffed tomatoes. Risotto à la Piémontaise moulded into shapes. Potato croquettes.

**SOISSONNAISE** (for joints). Haricots beans.

**STRASBOURGEOISE** (for joints). Braised sauerkraut, small strips of bacon cooked with the sauerkraut, slices of foie gras cooked in butter.

**TALLEYRAND** (for sweetbread and chicken). Macaroni mixed with butter and cheese and garnished with truffles cut into strips and foie gras cut into dice.

**TORTUE** (for entrées). Quenelles, mushrooms, gherkins cut into shapes, garlic, slices of tongue, calves' brains, small fried eggs, croûtons cut in the shape of hearts, shelled prawns and thin slices of truffles. Serve with a demi-glacé sauce, flavoured with tomato purée, herbs, truffles and a glass of Madeira.

**TOULOUSAIN** (for sweetbread and chicken). Chicken quenelles, slices of sweetbread or blanched lamb's sweetbread, cocks' combs and kidneys, mushrooms mixed with Sauce Suprême. Thin slices of truffles.

**TYROLIENNE** (for tournedos and noisettes). Fried rounds of onions and chopped tomatoes.

**VALENCIENNES** (for entrées). Rice à la Valenciennes moulded into shapes. Potato croquettes.

**VERT-PRÉ** (for grills). Bunches of water-cress, and straw potatoes.

(For white meat and duck). Peas, French beans, and asparagus tips mixed together with melted butter.

**VICHY** (for entrées). See Carrots à la Vichy (p. 467).

**VICTORIA** (for joints). Macaroni, tomatoes, lettuce and potato purée.

**VIENNOISE** (for joints). Nouilles shaped into tartlets and fried, filled with spinach, braised celery, plain boiled potatoes.

**WALESKA** (for fish). Slices of lobster or langouste, thin slices of truffles.

**ZINGARA** (for escalopes). Ham, tongue, mushrooms and truffles cut into strips, simmered in butter with a little Madeira and mixed with a demi-glace sauce, seasoned with tarragon, to which a little tomato purée has been added.

## *Bottling and Preserving*

### BOTTLING OF FRUIT

In order to preserve fresh fruit, it must be protected from deterioration caused by the action of yeasts and moulds. It is therefore not advisable to make use of bruised or crushed fruit which has probably already become contaminated. Sterilization by heat and exclusion of air will prevent such deterioration.

*Sterilizer.*—The apparatus required for sterilization consists of a large boiling pan fitted with a wire basket. The pan should be large enough to hold several jars, deep enough for their immersion and should, if possible, have a lid. Sterilizers for bottling are made for the purpose, but a large fish kettle or laundry copper will do. In place of the wire basket, however, some sort of perforated tray or rack must be put underneath the jars to prevent them resting on the bottom, and to stop them cracking through excessive heat.

*Containers.*—There are about four different types. Cans, which are sealed by a special machine supplied by the manufacturer. Screw or "Kilner" jars which consist of glass jars with lids with metal screw rims. Ordinary jam jars to which can be fitted a fastener consisting of a clip, lid and rubber band, or the bladder-like material which is tied over the lip of the jar with string.

*Packing.*—Fruit should be sound and under-ripe rather than over-ripe. Pack the jar or can well, for the fruit will shrink. Such fruit as apricots and peaches should be blanched first and then skinned. It is also advisable to remove the stones, as they are inclined to cause bitterness during long storage. Apples and pears should be peeled, and pack better if cut.

*Liquid.*—This may be either water or syrup, the latter being about  $\frac{1}{4}$  to  $\frac{1}{2}$  lb. sugar to the pint, according to whether the fruit is sweet or acid. Fill the jar to within  $\frac{1}{2}$  to  $\frac{3}{4}$  inch from the top.

*Method.*—Cans are sealed and immersed in boiling water for 15 or 20 minutes, according to the size of the fruit. (There is usually a chart of times supplied with the machine.) They are then plunged into cold water.

The lids of screw-jars are screwed tight and then loosened by a half-turn to allow for expansion of the glass, and to prevent cracking, and tightened again immediately they are sterilized. Other jars are sealed with their clip tops or the bladder material covering. They are then immersed in cold water, gradually brought up to boiling point, and allowed to remain in the boiling water for 15 to 20 minutes, according to the size of the fruit. Another method is to bring the water gradually to about 170° F., taking not less than 2 hours to do so. All jars should be allowed to cool slowly. Test for leakage next day to see if the vacuum is complete.

## BOTTLING OF VEGETABLES

Vegetables, if kept, deteriorate by the action of earth bacteria and not by yeasts and moulds, as in fruit. This is because there are acids in fruit which will kill the bacteria. The addition of acid during the process of sterilization of vegetables improves the keeping qualities.

Every precaution should be taken to prevent contamination with earth bacteria and, for this reason, vegetables should be blanched for 1 to 3 minutes, according to their kind. Dip in cold water and the vegetables are ready for packing.

*Liquid.*—Use boiled water. Add 3 tablespoons salt to the gallon; and for acidified brine, 6 ozs. lemon juice. Some vegetables will absorb the liquid during sterilization. Remove the jar and replenish quickly with boiling liquid. Replace in the sterilizer. Sterilize as for fruit.

To use bottled vegetables, pour off the liquid and rinse well in a colander. Heat, or if necessary, cook.

*Note.*—Tomatoes should be treated as fruit for bottling, but use plain brine or water with a little sugar in it for the liquid.



## *Wine with Food*

There is many a good wine spoiled by being served in the wrong way at the wrong time.

Wine is the living blood of the grape, it is not dead and it will suffer or improve according to how it is treated. Therefore, it behoves us to respect it. Some wines, such as an old claret, are very delicate, and others are quite hardy—sherry for instance. It is therefore very necessary to know how they should be kept.

*Storing of wine.*—Wine should be stored in a cool place where there are no big fluctuations in temperature. A cool cellar is ideal. The temperature should be about 55° F., and should not be allowed to rise above 65° F. or fall below 45° F. The cellar should be dark and dry; dampness causes mould which attacks the corks of the bottles. Most important of all, it should be away from vibrations such as those caused by heavy lorries passing in the street. Bottles should be stored on their sides, the wine is then in contact with the corks and prevents them from drying and shrinking. Labels should be uppermost so that they can be easily read without the bottle being disturbed.

*Decanting wine.*—Red wines which have been in bottle for some long time generally throw a sediment. These wines should be decanted and this should be done in or as near the cellar as possible so that they are not disturbed by carrying. The neck of the bottle should be lifted enough to clear the cork from the wine and the cork drawn slowly and steadily. The wine should be poured through a muslin in a funnel and so filtered into the decanter. If the bottle is placed between the pourer and a lighted candle or electric light, the sediment will be seen as it attempts to pass out of the bottle by the neck. The bottle may then be stood up.

*Temperatures.*—Wines are improved by being served at certain temperatures.

*Slightly chilled.*—Dry white wines, such as White Burgundies, Graves, Champagne, Alsatian wines, Dry Sherry, Hocks and Moselles, Chianti, etc.

Ice should not be put in the wine but the bottle can be placed in a refrigerator for about an hour or in a bucket of cold water in which there is ice.

*Very cold.*—Sweet white wines such as Sauternes, sweet Hocks and Moselles, Tokay, Château d'Yquem and any other sweet wine. The bottles may be put in the refrigerator for two or three hours.

*At cellar temperature.*—Heavy red wines such as Burgundy, Beaujolais, Chianti, etc.

*At room temperature.*—Light red wines such as clarets. These

should be opened two hours beforehand and allowed to "breathe." During that time they will reach the temperature of the dining-room. Sweet sherry, Madeira, Marsala and Port should also be served at room temperature.

*Note.*—Wines are spoiled by being warmed in front of a fire or by being dipped in warm water.

It is recommended that special wines are served with certain types of food. Here is a list:—

<i>Hors d'Œuvres</i>	not recommended.
<i>Oysters</i>	Chablis, Champagne.
<i>Soup</i>	Sherry, Madeira.
<i>Fish</i>	a dry white wine or Champagne.
<i>Italian pastes</i>	Chianti.
<i>Entrées</i>	light red wines such as Claret.
<i>Curry</i>	not recommended, serve iced water.
<i>Roast meat and game</i>	heavy red wines such as Burgundy, Beaujolais, also clarets.
<i>Poultry</i>	Chablis, Champagne.
<i>Sweets</i>	Sauternes, sweet German wines, Château d'Yquem.
<i>Cheese</i>	Port, Brown Sherry.
<i>Nuts</i>	Port, Madeira, Sherry, Marsala.
<i>Coffee</i>	liqueurs or old Brandy.

## Culinary Terms

<i>à la Broche</i>	roasted in front of a fire on a spit.
<i>à la mode de</i>	after the style of.
<i>Aspic</i>	a meat glaze or jelly.
<i>au bleu</i>	applied to fish—usually trout—cooked in a court bouillon. The fish takes a blue appearance.
<i>au four</i>	baked in an oven.
<i>au jus</i>	meat served with its own gravy.
<i>au naturel</i>	plainly cooked.
<i>Bain-marie</i>	a pan of hot water in which saucepans are put to keep their contents nearly boiling.
<i>Barbecued</i>	dressed and roasted whole, is the original meaning, now usually applied to ham cooked in a special way.
<i>Beignets</i>	fritters.
<i>Blanch</i>	to parboil or scald.
<i>Blanquette</i>	a white stew
<i>Bombe</i>	a moulded ice cream often filled with a richer ice cream combined with nuts, fruit, etc.

<i>Bon-bons</i>	sugar confectionery.
<i>Bouchées</i>	small patties or puff pastry. "A mouthful."
<i>Bouilli</i>	fresh boiled beef.
<i>Bouillon</i>	beef, veal or chicken stock.
<i>Bouquet-garni</i>	herbs used for flavouring and removed afterwards. Thyme, parsley and a bayleaf tied in a bunch or put in a muslin bag.
<i>Canapés</i>	fried or toasted bread cut into fancy shapes upon which Hors d'Œuvres or savouries are served.
<i>Caramel</i>	sugar heated until it turns brown.
<i>Casserole</i>	a stew-pan usually of earthenware or glass with a close-fitting lid.
<i>Chipolata</i>	small Italian sausages.
<i>Compôte</i>	stew, usually of fruit or vegetables.
<i>Condiments</i>	highly flavoured seasonings.
<i>Consommé</i>	clear meat soup.
<i>Côte</i>	rib or beef or veal.
<i>Côtelettes</i>	cutlets.
<i>Court bouillon</i>	a highly-seasoned stock in which to cook fish.
<i>Crêpes</i>	pancakes.
<i>Croquettes</i>	minced poultry, meat or fish, bound with a sauce and shaped, usually egg and breadcrumbed and fried.
<i>Croûtes</i>	large pieces of fried bread on which to place game.
<i>Croûtons</i>	small pieces of fried bread cut into shapes and used as a garnish.
<i>Cuisine</i>	kitchen or cookery.
<i>Culinaire</i>	culinary.
<i>Dariole</i>	entrée of minced meat shaped in a mould, also small pastries called by this name.
<i>Daube</i>	stew of meat or poultry.
<i>Diable</i>	"devilled" or with hot seasoning.
<i>Entrée</i>	generally hot or cold side dishes.
<i>Entremets</i>	light dishes served between the roast and the sweet, or as an after-dinner savoury.
<i>Épigrammes</i>	a lamb cutlet and a piece of braised breast of lamb, boned when cold, cut heart shaped, coated with breadcrumbs and either grilled or sauté in butter.
<i>Escalopes</i>	small steaks not more than $\frac{1}{2}$ inch thick cut from the fillet or leg of veal.
<i>Étuvée</i>	meat cooked very slowly in a covered pan.
<i>Farce</i>	forcemeat.
<i>Filet</i>	undercut of loin also, boned breasts of poultry, game or flanks of fish.

<i>Fines-herbes</i>	a mixture of finely-chopped herbs.
<i>Flambé</i>	covered with brandy and set alight.
<i>Flan</i>	an open fruit tart.
<i>Foie gras</i>	goose liver specially fattened.
<i>Foie de veau</i>	Calf's liver.
<i>Fondant</i>	a soft icing.
<i>Fouetté</i>	whisked.
<i>Frappé</i>	to cool with ice.
<i>Fricançeau</i>	filet of veal larded and braised.
<i>Gricadelles</i>	beef, veal or pork forcemeat, made in the shape of small squares and fried.
<i>Frassée</i>	a white stew of chicken or veal.
<i>Fumet</i>	"flavour." An essence of game or fish used as a flavouring.
<i>Galantine</i>	cooked meat or boned poultry, rolled and covered with its jelly.
<i>Glacé</i>	frozen, iced or glazed.
<i>Liaison</i>	thickening. Yolks of egg, cream and flour are generally used.
<i>Macédoine</i>	a mixture of various kinds of vegetables or fruits.
<i>Marinade</i>	a preparation of vinegar, herbs and oil, etc., for pickling or sousing fish or meat, before cooking.
<i>Marmite</i>	a stock pot.
<i>Médallion</i>	round fillets or preparations made in rounds.
<i>Miroton</i>	round thin slices of meat braised or stewed.
<i>Neige</i>	whites of eggs beaten to a froth to look like snow.
<i>Panaché</i>	mixed or variegated, applied to vegetables, salads, fruits, jellies when two or more kinds or colours are used.
<i>Paprika</i>	Hungarian red pepper.
<i>Pâté</i>	pastry. A raised pie or a small pastry filled with meat.
<i>Paupiettes</i>	small, thin slices of meat used as a wrapper for forcemeat.
<i>Poits Fours</i>	very small fancy cakes often decorated with icing or crystallized fruits.
<i>Pièce de résistance</i>	the main dish of a dinner.
<i>Piquante</i>	sharp flavoured.
<i>Poussin</i>	a baby chicken.
<i>Pralin</i>	flavoured with almonds cooked in sugar.
<i>Pré-salé</i>	"salt-marsh." Best quality lamb or mutton, named after a district.
<i>Purée</i>	vegetables, fish or meat which have been passed through a sieve.
<i>Quenelle</i>	a light forcemeat as garnish for soups or entrées.

*goût*

*Râper*

*Rissoles*

*Rôti*

*Salmi*

*Sauter*

*Sorbé*

*Soubise*

*Soufflé*

*Suprême*

*Tamisé*

*Terrine*

*Timbale*

*Tournedos*

*Tranche*

*Tutti frutti*

*Vol-au-vent*

*Zest*

a rich stew  
to grate or  
minced meat or  
roast.

a stew of game.  
to cook quickly in butter, *fat* in  
frying pan.

a water ice.  
an onion purée.

a very light egg dish, also applied to certain  
dishes which are very light.

the best parts or most delicate part (of a fowl)  
tammy. A cloth used for straining soups, sauce  
etc.

a small earthenware pot used for *pâté*  
a pie baked in a mould.

small fillets of beef usually placed on *croûtons*  
of fried bread and served as entrées.

a slice.  
mixed fruits or fruit ices.

a round puff pastry crust filled with a richly  
flavoured stew.

outer skin of a lemon or orange grated or cut  
very thinly.

